

NEW WEEKLY MENU 3/19– 3/25 Ship Date: 3/24)

Breakfast

- Red Velvet Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Cal: 320
Ingredients: Protein Pancake Mix, Almond Milk, Red Velvet Extract, Side Cup: Sugar Free Protein Frosting
- Bacon & Cheese Breakfast Omelet (GF):** Protein: 32g Carbs: 2g Fat: 18g Cal: 298
Ingredients: Egg whites, Egg, Bacon, Cheddar Cheese, Spices
- Double Cheese Breakfast Wrap:** Protein: 28g Carbs: 49g Fat: 16g Cal: 452
Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese, Tortilla Wrap, Spices
- Protein Oat Bowl: Chocolate Lovers:** Protein: 31g Carbs: 36g Fat: 10g Cal: 278
Ingredients: Oats, Chocolate Whey Protein, Sugar Free Chocolate Chips (Just Add Water or Milk & Heat)
- Protein Oat Bowl: Vanilla Cinnamon:** Protein: 31g Carbs: 36g Fat: 10g Cal: 278
Ingredients: Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips (Just Add Water or Milk & Heat)
- Protein Oat Bowl: Trail Mix:** Protein: 34g Carbs: 40g Fat: 15g Cal: 431
Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREE

- Pizza Bowl:** Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Spinach, Italian Seasoning
size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 15g Cal: 352
size: **Muscle Gain** Protein: 45g Carbs: 46g Fat: 19g Cal: 535
size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 10g Fat: 20g Cal: 380
Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella Cheese, Parmesan Cheese and Italian Seasoning
- Chicken Enchilada Bowl:** Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans, Jalapenos, Fresh Cilantro, Side of Salsa Verde
size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Cal: 294
size: **Muscle Gain** Protein: 30g Carbs: 43 Fat: 8g Cal: 364
size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Cal: 264
Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro, Spices
- Egg Roll in a Bowl (DF):** Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce
size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Cal: 274
size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Cal: 388
size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 11g Fat: 7g Cal: 271
Ingredients: Ground Turkey, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce
- Grilled Fajita Chicken Bowl (GF):** Ingredients: Grilled Chicken, Basmati Rice, Sauteed Onions, Bell Peppers, Mozzarella, Cilantro, Spices
size: **Weight Loss (DF)** Protein: 27g Carbs: 30g Fat: 8g Cal: 300
size: **Muscle Gain (DF)** Protein: 42g Carbs: 40g Fat: 10g Cal: 418
size: **Low Carb/Keto Friendly** Protein: 40g Carbs: 12g Fat: 20g Cal: 388
Ingredients: Grilled Chicken Breast, Cauliflower Rice, Bell Peppers, Onions, Mozzarella Cheese, Spices
- Shepherd's Pie Bowl (GF):** Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices
Size: **Weight Loss** Protein: 25g Carbs: 33g Fat: 12g Cal: 340
Size: **Muscle Gain** Protein: 39g Carbs: 46g Fat: 14g Cal: 472
Size: **Low Carb/ Keto Friendly** Protein: 35g Carbs: 16g Fat: 13g Cal: 321
Ingredients: Lean Ground Beef, Cauliflower Mash, Mixed Vegetables, Cheddar Cheese, Spices
- Spinach & Cheese Stuffed Chicken Bowl:** Ingredients: Oven Roasted Chicken, Orzo, Green Beans, Spinach, Provolone Cheese, Spices
Size: **Weight Loss** Protein: 27g Carbs :31g Fat: 7g Cal: 295
Size: **Muscle Gain** Protein: 41g Carbs: 42g Fat: 9g Cal: 413
Size: **Low Carb/ Keto Friendly (GF)** Protein: 36g Carbs: 11g Fat: 8g Cal: 260
Ingredients: Oven Roasted Chicken, Green Beans, Spinach, Provolone Cheese, Spices
- Turkey Burger with Mac & Cheese:** Ingredients: Ground Turkey, Pasta, Cheese Sauce, Onion, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup) size: **Muscle Gain:** Protein: 40g Carbs: 52g Fat: 14g Cal: 494
- Hibachi Grilled Skillet (DF):** Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Onion, Teriyaki Soy Sauce, Spices
Size: **Muscle Gain** Protein: 37g Carbs: 39g Fat: 10g Cal: 434
- Buffalo Chicken Pocket: (Macros Per Pocket)** (Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch Protein: 26g Carbs: 33g Fat: 7g Cal: 299

Lean-N-Green

- Shrimp & Broccoli (GF/DF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices
Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Cal: 260
- Honey BBQ Glazed Salmon with Sauteed Green Beans (GF/DF):** Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, Spices Size: Lean & Green Protein: 36g Carbs: 12g Fat: 8g Cal: 264

Lean-N-Green (Con't)

-Yum Yum Grilled Chicken (GF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sauteed Onions, Spices, Side of Yum Yum Sauce

Protein: 35g Carbs:16g Fat: 10g Cal: 294

-Chimichurri Steak (GF/DF): Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots, Chimichurri Sauce

Size: Lean & Green Protein: 42g Carbs: 13g Fat: 16g Cal :343

Wraps

-Chicken Enchilada Wrap: Protein:40g Carbs:50g Fat:14g Cal:486

Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap, Spices

-Pizza Wrap: Protein: 40g Carbs: 50g Fat: 18g Cal: 522

Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese

-Fajita Chicken Wrap: Protein: 40g Carbs: 50g Fat: 12g Cal: 486

Ingredients: Grilled Chicken Breast, Bell Peppers, Onion, Mozzarella, Cilantro, Tortilla Wrap, Spices

-BBQ Beef Wrap: Protein: 42g Carbs: 48g Fat: 16g Cal: 504

Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, BBQ Sauce

Snacks

-Birthday Cake Protein Donuts: Protein: 22g Carbs: 23g Fats: 8g Cal: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Sprinkles

-Very Cherry Poppers: Protein: 24g Carbs: 21g Fat: 5g Cal: 217

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Almond Milk, Sugar Free Cherry Jello, Coconut Oil, Splenda

-Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk and White Chocolate Chip

-Cookie Dough Bites (Vegan)(GF/DF): Protein: 15g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

-Salted Caramel Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Ingredients: Coconut Oil, Peanut Butter, Whey Protein, Sugar Free Caramel, Sugar Free Vanilla Flavoring, Salt

Vegetarian/Vegan Menu Entrée

-Lentil Shepherd's Pie (GF): Protein:26g Carbs: 39g Fat: 14g Cal: 386

Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

-Tofu Egg Roll in a Bowl (GF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Brown Rice, Tofu, Cabbage, Carrots, Soy Sauce, and Spices

-Vegan Fajita Bowl (GF/DF): Protein: 12g Carbs: 50g Fat: 5g Cal: 293

Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers and Fajita Seasoning

-Sweet and Sour Chickpea Bowl (GF/DF): Protein: 19g Carbs 59g Fat: 6g Cal: 366

Ingredients: Chickpeas, Basmati Rice, Broccoli, Bell Peppers, Sweet Chili Sauce, Spices

Long Life Kids Meals

-Chicken Taco Melt w/ Sweet Corn: Protein: 16g Carbs: 32g Fat: 8g Cal: 264

Ingredients: Basmati Rice, Shredded Chicken, Sweet Corn, Cheddar, Taco Seasoning (Juice Box, Protein Popper)

-Spaghetti Bowl w/ Green Beans: Protein: 14g Carbs: 36g Fat: 4g Cal: 236

Ingredients: Noodles, Ground Turkey, Marinara, Green Beans, Parmesan, Spices (Juice Box, Protein Popper)

-Chicken Nuggets & Home Fries Bowl: Protein: 10g Carbs: 32g Fat: 11 Cal: 299

Ingredients: Flaxseed Crusted Chicken Breast, Potato, Peas and Seasoning (Juice Box, Protein Popper)

Gourmet Nut Butters

-Cinnamon Spice Almond Butter (GF/DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Cal: 180

Ingredients: Almonds, Cinnamon, Spices

-Chocolate Almond Butter (GF/DF): Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Cal: 190

Ingredients: Almonds, Coconut Oil, Cocoa

-Honey Cinnamon Peanut Butter (GF/DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Cal: 180

Ingredients: Peanuts, Honey, Cinnamon