

**NEW WEEKLY MENU 4/2– 4/8 Ship Date: 4/7)**

***Breakfast***

**-Blueberry Protein Waffles:** Protein:22g Carbs:40g Fat:8g Cal:320

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries

**-Crustless Quiche (GF):** Protein: 28g Carbs: 4g Fat:19g Cal: 299

Ingredients: Eggs, Milk, Cheddar Cheese, Spinach, Parmesan and Mozzarella Cheese, Green Onions, Ham, Spices

**-Turkey Sausage Breakfast Wrap:** Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Turkey Sausage, Cheddar 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***

**-Sloppy Joe Bowl (GF):** Ingredients: Ground Beef, Garlic Mash, Sloppy Joe Sauce, Carrots, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 8g Cal: 292

size: **Muscle Gain (DF)** Protein: 40g Carbs: 45g Fat: 11g Cal: 439

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 11g Fat: 14g Cal: 347

Ingredients: Ground Beef, Carrots, Cheddar, Sloppy Joe Sauce, Spices

**-Taco Turkey Bowl (GF):** Ingredients: Ground Turkey, Seasoned Brown Rice, Spinach, Cheddar, Taco Seasoning, Salsa

size: **Weight Loss** Protein: 25g Carbs: 25g Fat: 11g Cal: 299

size: **Muscle Gain** Protein: 40g Carbs: 40g Fat: 16g Cal: 464

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 12g Fat: 20g Cal: 372

Ingredients: Ground Turkey, Corn, Spinach, Cheddar Cheese, Taco Seasoning, Salsa

**-Cheesy Chicken Bake (GF):** Ingredients: Seasoned Shredded Chicken, Basmati Rice, Broccoli, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 32g Fats: 11g Cal: 339

size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 14g Cal: 486

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 13g Cal: 285

Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, Spices

**-Chicken Alfredo Bowl:** Ingredients: Oven Roasted Chicken, Pasta, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 8g Cal: 330

size: **Muscle Gain** Protein: 42g Carbs: 40g Fat: 10g Cal:450

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Cal: 306

Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

**-Garlic Parm Chicken Bowl:** Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

Size: **Weight Loss** Protein: 26g Carbs: 30g Fat: 6g Cal: 274

Size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 9g Cal: 421

Size: **Low Carb/ Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 14g Cal: 302

Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese

**-Turkey Bolognese Bowl:** Ingredients: Ground Turkey, Tri-Color Pasta, Marinara, Spinach, Fresh Parmesan, Basil

Size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Cal: 332

Size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Cal: 463

Size: **Low Carb/ Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Cal: 306

Ingredients: Ground Turkey, Zucchini, Marinara, Spinach, Fresh Parmesan, Basil

**-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

**-Philly Cheese Protein Pocket: (Macros Per Pocket)** Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, and seasonings Protein: 23g Carbs:49 Fats: 13g Cal: 405

***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/DF):** Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sautéed Onions, Spices, Side of Yum Sauce

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

**-Steak N Greens (GF/DF):** Ingredients: Grilled Lean Steak, Green Beans, Sautéed Onions, Sliced Almonds, Spices

Size: Lean & Green Protein:35g Carbs: 12g Fat: 12g Cal: 296

## ***Wraps***

**-Taco Turkey Wrap:** Protein: 42g Carbs: 50g Fat: 20g Cal: 548

Ingredients: Ground Turkey, Tortilla, Salsa, Cheddar Cheese, Taco Seasoning

**-Garlic Parm Chicken Wrap:** Protein: 41g Carbs: 50g Fat: 10g Cal: 454

Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce, Spices

**-Sloppy Joe Wrap:** Protein: 40g Carbs: 54g Fat: 14g Cal: 500

Ingredients: Lean Ground Beef, Cheddar Cheese, Tortilla, Sloppy Joe Sauce

**-Spicy Beef Wrap:** Protein: 40g Carbs: 50g Fat: 14g Cal: 486

Ingredients: Ground Beef, Cheddar Cheese, Tomato Basil Tortilla, Jalapeno, Bell Peppers

## ***Snacks***

**-Very Vanilla Protein Donuts:** Protein: 22g Carbs: 23g Fat: 8g Cal: 252

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Vanilla Flavoring and Sugar Free Vanilla Protein Frosting

**-Cinna Roll Protein Poppers:** Protein: 18g Carbs: 24g Fat: 12g Cal: 276

Ingredients: Sugar Free Baking Mix, Whey Protein, Cinnamon, Coconut Oil, Eggs, Almond Milk, Splenda (Side Cup of Sugar Free Protein Frosting)

**-Double Fudge Chocolate Protein Bar:** Protein: 24g Carbs: 36g Fat:14g Cal: 366

Ingredients: Sugar Free Baking Mix, Sugar free Protein Frosting, Egg, Whey Protein Powder, Sugar Free Chocolate Chips

**-Banana Crème Protein Pudding:** Protein: 22g Carbs: 16g Fat: 8g Cal: 200

Ingredients: Greek Yogurt, Sugar Free Banana Pudding Mix, Vanilla Wafers

**-Chocolate Covered Stuffed Dates (DF/GF):** Protein: 4g Carbs: 33g Fat: 9g Cal: 210

Ingredients: Dates, Peanut Butter, Almonds, Vegan Chocolate Chips, Coconut Oil, Stevia, Sea Salt (Macros Per 4 Dates)

## ***Vegetarian/Vegan Menu Entrée***

**-Garlic Parm Chickpea Bowl:** Protein: 14g Cabs: 57g Fat: 4g Cal: 320

Ingredients: Chickpeas, Orzo, Green Beans, Garlic Parmesan Sauce, Parmesan, Spices

**-Black Bean Burger with Sweet Potato Mash (DF):** Protein: 16g Carbs: 55g Fat: 3g Cal: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, and Spices. (Side Spicy Ketchup)

**-Teriyaki Tofu Bowl (DF):** Protein 15g Carbs 45g Fats 8g Cal 312

Ingredients: Extra Firm Tofu, Basmati Rice, Broccoli, Soy Sauce, Teriyaki Sauce

**-Alfredo Chickpea Bowl:** Protein: 16g Carbs 51g Fat: 12g Cal: 378

Ingredients: Pasta, Seasoned Chickpeas, Broccoli, Alfredo Sauce, Parmesan

## ***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