

**NEW WEEKLY MENU 4/16– 4/22 Ship Date: 4/21)**

***Breakfast***

**-Funfetti Protein Waffles:** Protein: 22g Carbs: 45g Fat: 8g Cal: 340

Ingredients: Funfetti Pancake Mix, Whey Protein Powder, Almond Milk

**-Ham and Cheese Breakfast Omelet (GF):** Protein: 32g Carbs: 2g Fat:14g Cal: 280

Ingredients: Egg whites, Egg, Ham, Cheddar and Mozzarella Cheese, 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***

**-Fajita Chicken Bowl (GF):** Ingredients: Grilled Chicken, Basmati Rice, Sauteed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

size: **Weight Loss** Protein: 27g Carbs: 30g Fat: 8g Cal: 300

size: **Muscle Gain** Protein: 42g Carbs: 40g Fat: 10g Cal: 418

size: **Low Carb/Keto Friendly** Protein: 9g Carbs: 39g Fat: 12g Cal: 300

Ingredients: Grilled Chicken, Cauliflower Rice, Sauteed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

**-Cheeseburger Bowl (GF):** Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup and Mustard

size: **Weight Loss** Protein: 28g Carbs: 30g Fat: 12g Cal: 340

size: **Muscle Gain** Protein: 48g Carbs: 45g Fat: 16g Cal: 516

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 10g Fat: 20g Cal: 364

Ingredients: Ground Beef, Green Beans, Cheddar Cheese, Dill Pickles, Onions, Ketchup and Mustard

**-BBQ Shredded Chicken with Bacon Mac:** Ingredients: Shredded Chicken Breast, Pasta, Mixed Veggies, Cheese Sauce, Bacon, BBQ Sauce, Spices

size: **Weight Loss** Protein: 24g Carbs: 40g Fat: 10g Cal: 346

size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 16g Cal: 340

Ingredients: Shredded Chicken Breast, Bacon, Spices, Mixed Vegetables, Cheese Sauce and BBQ Sauce

**-Honey Mustard Chicken Bowl (GF/DF):** Ingredients: Roasted Chicken Breast, Sweet Potato Mash, Seasoned Broccoli, Honey Mustard, Spices

size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 5g Cal: 277

size: **Muscle Gain** Protein: 40g Carbs: 44g Fat: 8g Cal: 408

size: **Low Carb/Keto Friendly** Protein: 31g Carbs: 15g Fat: 7g Cal: 247

Ingredients: Roasted Chicken Breast, Seasoned Broccoli, Honey Mustard, Spices

**-Creamy Tuscan Chicken Bowl:** Ingredients: Oven Roasted Chicken Breast, Orzo, Green Beans, Sun Dried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

Size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 9g Cal: 301

Size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 12g Cal: 432

Size: **Low Carb/ Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 11g Cal: 275

Ingredients: Oven Roasted Chicken Breast, Green Beans, Sun Dried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

**-Southwest Turkey Bowl (GF):** Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeños, Lime

Size: **Weight Loss (DF)** Protein: 25g Carbs: 35g Fat: 6g Cal: 294

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 43g Fat: 8g Cal: 404

Size: **Low Carb/ Keto Friendly** Protein: 34g Carbs: 15g Fat: 18g Cal: 318

Ingredients: Ground Turkey, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapenos, Lime, Cheddar Cheese

**-Turkey Burger with Sweet Potato Mash (GF/DF):** Ingredients: Ground Turkey, Sweet Potato, Onions, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup) size: **Muscle Gain:** Protein: 40g Carbs: 40g Fat: 9g Cal: 401

**-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

**-Chicken Bacon Ranch Protein Pocket: (Macros Per Pocket)** Ingredients: Shredded Chicken, Cheddar Cheese, Greek Yogurt, Bacon, Flour, Ranch Seasoning, Spices Protein: 25g Carbs: 26g Fats: 9g Cal: 285

***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, Sauteed Onions, Spices, Side of Yum Sauce  
Size : Lean & Green Protein: 35g Carbs:16g Fat: 10g Cal: 294

**-BBQ Shredded Beef Skillet (GF/DF):** Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices  
Size: Lean & Green Protein: 42g Carbs: 14g Fat: 16g Cal: 368

### ***Wraps***

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

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

**-Cheeseburger Wrap:** Protein: 40g Carbs: 48g Fat: 18g Cal: 514

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

**-BBQ Shredded Chicken Wrap:** Protein :34g Carbs: 50g Fat: 16g Cal: 480

Ingredients: Shredded Chicken Breast, Cheddar Cheese, BBQ Sauce, Tortilla Wrap, Spices

**-South West Turkey Wrap:** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeños, Cheddar Cheese

### ***Snacks***

**-Strawberry Lemonade Protein Poppers:** Protein: 24g Carbs: 21g Fat: 5g Cal: 217

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Sugar Free Jello, Coconut Oil, Strawberry Extract, Lemon Extract

**-Easter Fun Protein Donuts:** Protein: 22g Carbs: 23g Fat: 8g Cal: 252

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

**-Carrot Cake Protein Bar:** Protein: 24g Carbs: 34g Fat: 8g Cal: 304

Ingredients: Sugar Free Baking Mix, Egg, Whey Protein, Sugar Free Pudding, Pumpkin, Sugar Free Frosting, Shredded Carrots, Carrot Cake Extract, Cinnamon

**-White Chocolate Raspberry Energy Bites:** Protein: 15g Carbs: 34g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Sugar Free Jello

**-Chocolate Peanut Butter Keto Fudge (GF):** Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring

### ***Vegetarian/Vegan Menu Entrée***

**-Creamy Tuscan Chickpea Bowl:** Protein: 18g Carbs: 51g Fats: 14g Cal: 402

Ingredients: Oven Roasted Chickpeas, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic and Parmesan

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

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

**-Stuffed Zucchini Boat (GF):** Protein: 21g Carbs: 36g Fat: 11g Cal: 307

Ingredients: Zucchini, Chickpeas, Marinara Sauce, Spinach, Parmesan and Mozzarella Cheese, Garlic, Spices

**-Hibachi Tofu Skillet Bowl (DF):** Protein: 18g Carbs 52g Fat: 9g Cal: 361

Ingredients: Extra Firm Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Onions, Soy 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: 11g 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