

NEW WEEKLY MENU 4/23– 4/29 (Ship Date: 4/28)

Breakfast

-Triple Berry Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Almond Milk, Triple Berry Baking Mix

-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

- 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

-Lasagna Bowl: Ingredients: Ground Beef, Pasta, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 14g Cal: 374

size: **Muscle Gain** Protein: 48g Carbs: 42g Fat: 18g Cal: 490

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

Ingredients: Ground Beef, Zucchini, Parmesan and Mozzarella Cheese, Greek Yogurt, Marinara Sauce, Spices

-BBQ Grilled Chicken with Roasted Red Potato Bowl (GF/DF): Ingredients: Chicken Breast, Red Potato, Green Beans, BBQ Sauce, Spices

size: **Weight Loss (GF/DF)** Protein: 25g Carbs: 32g Fat: 3g Cal: 255

size: **Muscle Gain (GF/DF)** Protein: 40g Carbs: 52g Fat: 5g Cal: 413

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Grilled Chicken, Green Beans, Cheddar Cheese, BBQ Sauce, Spices

-Tikka Masala Chicken Bowl (GF/DF): Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

size: **Weight Loss (GF/DF)** Protein: 27g Carbs: 30g Fat: 4g Cal: 322

size: **Muscle Gain (GF/DF)** Protein: 41g Carbs: 44g Fat: 6g Cal: 394

size: **Low Carb/Keto Friendly (GF/DF)** Protein: 34g Carbs: 11g Fat: 5g Cal: 225

Ingredients: Oven Roasted Chicken Breast, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

-Loaded Smashed Potato Bowl (GF): Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili

Seasoning, Spices Side of Greek Yogurt 1oz Cup

size: **Weight Loss (GF)** Protein: 25g Carbs: 32g Fat: 9g Cal: 309

size: **Muscle Gain (GF)** Protein: 45g Carbs: 49g Fat: 12g Cal: 484

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 14g Fat: 14g Cal: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices Side of Greek Yogurt 1oz Cup

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

Size: **Weight Loss (GF)** Protein: 25g Carbs: 25g Fat: 11g Cal: 299

Size: **Muscle Gain (GF)** Protein: 40g Carbs: 40g Fat: 16g Cal: 464

Size: **Low Carb (GF)** Protein: 36g Carbs: 12g Fat: 20g Cal: 372

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

-Thai Peanut Chicken Bowl (DF/GF): Ingredients: Chicken Breast, Mixed Vegetables, Basmati Rice, Peanut Butter, Sweet Chili Sauce, Spices

Size: **Weight Loss (GF/DF)** Protein: 28g Carbs: 35g Fat: 8g Cal: 324

Size: **Muscle Gain (GF/DF)** Protein: 45g Carbs: 50g Fat: 11g Cal: 479

Size: **Low Carb (GF/DF)** Protein: 33g Carbs: 14g Fat: 18g Cal: 350

Ingredients: Chicken Breast, Mixed Vegetables, Peanut Butter, Sweet Chili Sauce, Spices

-Turkey Burger with Sweet Potato (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

-Pizza Protein Pocket: Ingredients: Ground Turkey, Greek Yogurt, Flour, Pepperoni, Marinara, Mozzarella, Parmesan Cheese, Spices

Protein: 22g Carbs: 50g Fat: 13g Cal: 405 (Macros Per Pocket)

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

-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

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

Protein: 34g Carbs: 50g Fat: 16g Cal: 480

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

Ingredients: Ground beef, Tortilla Wrap, Mozzarella and Parmesan Cheese, Marinara Sauce, Spices

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

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

-Thai Peanut Chicken Wrap (DF): Protein: 38g Carbs: 52g Fat: 14g Cal: 486

Ingredients: Shredded Chicken Breast, Whole Wheat Wrap, Shredded Carrots, Thai Peanut Sauce, Spices

Snacks

-Salted Caramel Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Cal: 276

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

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

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

-Double Fudge Walnut Protein Brownie: Protein: 24g Carbs: 36g Fat: 14g Cal: 366

Ingredients: Sugar Free Baking Mix, Whey Protein, Eggs, Walnuts and Sugar Free Chocolate Chips

-Double Chocolate Energy Bites (GF): Protein: 15g Carbs: 24g Fat: 22g Cal: 394

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

-Low Carb Protein Cheesecake (GF): Protein: 26g Carbs: 10g Fat: 8g Cal: 216

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Graham Cracker Crumbs

-Candy Bar Keto Fudge (GF): Protein: 15g Carbs: 9g Fat: 28g Cal: 348

Ingredients: Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring, Peanuts, Sugar Free Caramel

Vegetarian/Vegan Menu Entrée

-Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Cal: 386

Ingredients: Pasta, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Zucchini, Spices

-Veggie Tikka Masala Bowl (DF/GF): Protein: 18g Carbs: 42g Fat: 6g Cal: 294

Ingredients: Chickpeas, Basmati Rice, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

-Thai Peanut Tofu Bowl (GF/DF): Protein: 15g Carbs: 45g Fat: 10g Cal: 330

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Thai Peanut Sauce, Spices

-Veggie Taco Bowl: Protein: 22g Carbs: 49g Fat: 14g Cal: 392

Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortillas, Cilantro, Spinach, 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