

NEW WEEKLY MENU 4/9– 4/15 (Ship Date: 4/14)

Breakfast

-Banana Nut Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Banana Nut Baking Mix, Almond Milk, Cinnamon, Walnuts

-Turkey Sausage Breakfast Omelet (GF): Protein: 32g Carbs: 2g Fat: 14g Cal: 280

Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar Cheese, Spices

- Breakfast Burrito Wrap: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

-Jerk Chicken Bowl (GF): Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 6g Cal: 274

size: **Muscle Gain (DF)** Protein: 40g Carbs: 48g Fat: 9g Cal: 424

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 12g Fat: 18g Cal: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Spices

-Greek Turkey Bowl (GF): Ingredients: Ground Turkey, Brown Rice, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese, Spices

size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 8g Cal: 304

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 12g Cal: 448

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 10g Cal: 258

Ingredients: Ground Turkey, Zucchini, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese, Spices

-Sweet and Spicy Meatball Bowl (DF): Ingredients: Ground Beef, Potato Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion,

Sweet & Spicy Sauce

size: **Weight Loss** Protein: 25g Carbs: 31g Fat: 8g Cal: 296

size: **Muscle Gain** Protein: 40g Carbs: 46g Fat: 11g Cal: 443

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 15g Fat: 10g Cal: 290

Ingredients: Ground Beef, Cauliflower Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet and Spicy Sauce

-Honey Sriracha Chicken Bowl (GF): Ingredients: Shredded Chicken, Honey Sriracha Sauce, Brown Rice, Broccoli, Spices

size: **Weight Loss (DF)** Protein: 28g Carbs: 38g Fat: 3g Cal: 291

size: **Muscle Gain (DF)** Protein: 40g Carbs: 48g Fat: 14g Cal: 478

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 14g Fat: 3g Cal: 211

Ingredients: Shredded Chicken, Honey Sriracha Sauce, Broccoli, Spices

-Orange Glazed Chicken Bowl (GF/DF): Ingredients: Roasted Chicken Breast, Rice Noodles, Peas, Orange Glaze Sauce, Green Onions

Size: **Weight** Protein: 25g Carbs: 32g Fat: 6g Cal: 282

Size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 5g Cal: 413

Size: **Low Carb** Protein: 32g Carbs: 16g Fat: 7g Cal: 255

Ingredients: Roasted Chicken Breast, Peas, Orange Glaze Sauce, Mandarin Oranges, Green Onions

-Pizza Bowl: Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella and 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 (GF)** Protein: 34g Carbs: 10g Fat: 20g Cal: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella and Parmesan Cheese, Italian Seasoning

-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

-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

-Chicken Bacon Ranch Protein Pocket: Ingredients: Shredded Chicken, Cheddar Cheese, Ranch Seasoning, Bacon, Greek Yogurt, Flour, Seasonings

Protein: 25g Carbs: 26g Fat: 9g Cal: 285 (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

-Yum Yum Grilled Chicken (GF/DF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sautéed Onions, Spices, Side of Yum

Yum Sauce Size: Lean & Green Protein: 35g Carbs: 16g Fat: 10g Cal: 294

-Honey BBQ Glazed Salmon with Sautéed 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

-Jerk Chicken Wrap: Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap, Spices

Protein: 42g Carbs: 48g Fat: 14g Cal: 486

-Sweet and Spicy Meatball Wrap: Protein: 40g Carbs: 54g Fat: 20g Cal: 500

Ingredients: Ground Beef Meatballs, Mozzarella Cheese, Spinach and Herb Tortilla, Sweet and Spicy BBQ Sauce, Onion, Jalapeno

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

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

-Honey Sriracha Chicken Wrap: Protein: 42g Carbs: 52g Fat: 18g Cal: 538

Ingredients: Shredded Chicken Breast, Honey Sriracha Sauce, Mozzarella and Tortilla Wrap

Snacks

-Red Velvet Protein Poppers: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: High Protein Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Red Velvet Flavoring, White Chocolate Chips, Cream Cheese Extract

-Orange Dream Protein Donuts: Protein: 18g Carbs: 24g Fat: 12g Cal: 276

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, Orange Extract, Coconut Oil

-Strawberry Shortcake Protein Bar: Protein: 24g Carbs: 24g Fat: 8g Cal: 264

Ingredients: Sugar Free Baking Mix, Sugar Free Protein Frosting, Egg Whites, Whey Protein, Sugar Free Strawberry Flavoring, Graham Cracker Crumble

-Cookie Dough Energy 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

-Low Carb Cherry Cheesecake (GF): Protein: 22g Carbs: 18g Fat: 5g Cal: 205

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

Vegetarian/Vegan Menu Entrée

-Jerk Chickpea Bowl (GF/DF): Protein: 18g Carbs 47g Fats 4g Cal: 296

Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce, Spices

-Veggie Greek Pasta Salad: Protein: 16g Carbs: 50g Fat: 12g Cal: 372

Ingredients: Pasta, Chickpeas, Kale, Black Olives, Red Onion, Balsamic Vinaigrette, Seasoning

-Cauliflower Nuggets with Home Fries (GF/DF): Protein: 10g Carbs: 59g Fat: 6g Cal: 330

Ingredients: Cauliflower, Potatoes, Green Beans, Corn Starch, Spices

-Orange Glazed Tofu Bowl (GF/DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Extra Firm Tofu, Rice Noodles, Peas, Mandarin Oranges, Orange Glaze Sauce, Green Onions

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