

NEW WEEKLY MENU 5/7– 5/13 (Ship Date: 5/12)

Breakfast

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

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

-Western Breakfast Omelet (GF): Protein: 32g Carbs: 6g Fat: 14g Cal: 296

Ingredients: Egg whites, Egg, Bacon, Mozzarella Cheese, Onions, Bell Peppers, Spices

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

Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese, Tortilla Wrap and 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

-Shepards 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

-Chipotle Chicken Bowl (GF): Ingredients: Grilled Chicken, Squash, Seasoned Rice, Chipotle Sauce, Spices

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: 32g Carbs: 12g Fat: 12g Cal: 284

Ingredients: Grilled Chicken, Squash, Cheddar, Chipotle Sauce, Spices

-Spinach and 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

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

size: **Weight Loss** Protein: 28g Carbs: 32g Fat: 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

-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** Protein: 32g Carbs: 10g Fat: 10g Cal: 258

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

-Italian Turkey with Ziti Bowl: Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesan, Spices

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 (GF)** Protein: 32g Carbs: 13g Fat: 14g Cal: 306

Ingredients: Ground Turkey, Zucchini, Mozzarella, Parmesan, Spices

-Turkey Burger with Mac and 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

-Taco Beef Protein Pocket: Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco Seasonings

Protein: 23g Carbs: 49g 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

-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

-Parm Crusted Tilapia (GF): Ingredients: Baked Tilapia, Squash, Zucchini, Parmesan, Garlic, Spices Size: Lean & Green

Protein: 30g Carbs: 17g Fat: 8g Cal: 260

Wraps

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

Protein: 42g Carbs: 48g Fat: 16g Cal: 504

-Chipotle Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Cal: 486

Ingredients: Grilled Chicken, Tortilla Wrap, Cheddar Cheese, Chipotle Sauce, Spices

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

Ingredients: Ground Turkey, Mozzarella, Tortilla, Parmesan, Marinara Sauce, Spices

-Buffalo Shredded Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Cal: 486

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

Snacks

-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

-Lemon Cake Protein Donuts: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: Sugar Free Baking Mix/Frosting, Egg White, Whey Protein, Coconut Oil, Lemon Extract, Lemon

-Caramel Pretzel Crunch Protein Brownie: Protein: 24g Carbs: 36g Fat: 14g Cal: 366

Ingredients: Sugar Free Baking Mix, Chocolate Whey Protein, Eggs, Pretzels and Sugar Free Caramel Syrup

-Cookie Dough Energy Bites (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

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

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

Vegetarian/Vegan Menu Entrée

-Veggie Greek Pasta Bowl: Protein: 16g Carbs: 50g Fats: 12g Cal: 372

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

-Italian Chickpea with Ziti Bowl: Protein: 16g Carbs: 50g Fat: 12g Cal: 374

Ingredients: Chickpeas, Ziti, Marinara, Mozzarella, Spinach, Garlic, Spices

-Parm Crusted Tofu Bowl (GF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Baked Tofu, Seasoned Basmati Rice, Squash, Parmesan, Garlic, Lemon Pepper, Spices

-Mediterranean Hummus Wrap (DF): Protein: 22g Cabs: 65g Fat: 8g Cal: 420

Ingredients: Tomato Basil Tortilla Wrap, Hummus, Sun Dried Tomatoes, Roasted Red Peppers, Chickpeas, Spinach

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