

NEW WEEKLY MENU 5/14– 5/20 (Ship Date: 5/19)

Breakfast

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

Ingredients: Protein Pancake Mix, Almond Milk, Red Velvet Extract, Side Cup of Sugar Free Protein Frosting

-Double Cheese Breakfast Omelet (GF): Protein: 28g Carbs: 4g Fat: 18g Cal: 290

Ingredients: Egg whites, Egg, Mozzarella and Cheddar Cheese, Spices

-Ham & Cheese Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Ham, 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

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

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 (GF/DF)** Protein: 35g Carbs: 15g Fat: 10g Cal: 290

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

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

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

-Kickin Cajun Chicken Bowl: Ingredients: Shredded Chicken, Basmati Rice, Broccoli, Kickin Cajun Sauce

size: **Weight Loss (DF)** Protein: 28g Carbs: 32g Fat: 3g Cal: 267

size: **Muscle Gain (DF)** Protein: 42g Carbs: 48g Fat: 6g Cal: 414

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 10g Fat: 8g Cal: 240

Ingredients: Shredded Chicken, Broccoli, Cheddar Cheese, Kickin Cajun Sauce

-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

-Taco Turkey Bowl (GF): Ingredients: Ground Turkey, Brown Rice, Spinach, Cheddar Cheese, 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** Protein: 36g Carbs: 12g Fat: 20g Cal: 372

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

-Teriyaki Chicken Bowl (DF): Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, 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** Protein: 31g Carbs: 15g Fat: 7g Cal: 247

Ingredients: Oven Roasted Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, 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 w/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

-Yum Yum Grilled Chicken Bowl (GF/DF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sauteed Onions, Spices and a side cup of Yum Yum Sauce Size: Lean & Green

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

Wraps

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

Protein: 40g Carbs: 54g Fat: 20g Cal: 500

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

Protein: 40g Carbs: 50g Fat: 18g Cal: 522

-Kickin Cajun Chicken Wrap: Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce

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

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

Protein: 41g Carbs: 50g Fat: 10g Cal: 454

Snacks

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

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, sugar free jello, strawberry extract

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

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

-Banana Nut Protein Bar with Caramel Drizzle: Protein: 18g Carbs: 29g Fat: 12g Cal: 296

Ingredients: Banana Nut Protein Baking Mix, Eggs, Almond Milk, Whey Protein, Sugar Free Caramel Sauce

-Cherry Chocolate Energy Bites (Vegan) (DF): Protein: 25g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

-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

-Low Carb Lemon Cheesecake: Protein: 26g Carbs: 12g Fat: 8g Cal: 224

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavor, Sugar Free Lemon Flavoring, Graham Cracker

Vegetarian/Vegan Menu Entrée

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

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce

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

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

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

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

-Sweet & Spicy Vegan Meatball Bowl (DF): Protein: 18g Carbs: 46g Fat: 8g Cal: 328

Ingredients: Black Beans, Oats, Bell Peppers, Cauli Mash, Mixed Veggies, Sweet & Spicy Sauce

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