

NEW WEEKLY MENU 6/11– 6/17 (Ship Date: 6/16)

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

-Ham, Egg, and Cheese Breakfast Pocket: Protein: 24g Carbs: 31g Fat: 9g Cal: 301

(Macros Per Pocket) Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, Spices

-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, 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

-Philly Cheese Bowl (GF): Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Cal: 296

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Cal: 482

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 12g Fat: 14g Cal: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

-Chicken Alfredo Bowl: Ingredients: Oven Roasted Chicken, Noodles, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 8g Cal: 330

size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 10g Cal: 450

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

Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

-Chicken Enchilada Bowl: Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans,

Jalapeños, Fresh Cilantro, Side of Salsa Verde

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Cal: 294

size: **Muscle Gain** Protein: 30g Carbs: 43g Fat: 8g Cal: 364

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Cal: 264

Ingredients: Shredded Chicken, Cauliflower, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapeños, Fresh Cilantro, Spices, Side of Salsa Verde

-Honey Garlic Turkey Bowl (DF): Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Cal: 274

size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Cal: 388

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 11g Fat: 7g Cal: 271

Ingredients: Ground Turkey, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

-BBQ Grilled Chicken with Red Potatoes Bowl (GF): Ingredients: Grilled Chicken Breast, Oven Roasted Red Potatoes, Green Beans,

BBQ Sauce, Spices

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

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

Size: **Low Carb** Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Chicken Breast, Green Beans, BBQ Sauce, Spices, Cheddar

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

Size: **Weight Loss** Protein: 28g Carbs: 35g Fat: 8g Cal: 324

Size: **Muscle Gain** Protein: 45g Carbs: 50g Fat: 11g Cal: 479

Size: **Low Carb** Protein: 33g Carbs: 14g Fat: 18g Cal: 350

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

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 LNG (GF/DF): Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots, Chimichurri Sauce

Size: Lean & Green Protein: 42g Carbs: 13g Fat: 16g Cal: 343

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

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

Wraps

-Philly Cheese Wrap: Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone, Mozzarella Cheese

Protein: 40g Carbs: 50g Fat: 20g Cal: 532

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

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

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

Ingredients: Chicken Breast, Tortilla Wrap, Shredded Carrots, Peanut Butter, Sweet Chili Sauce, Spices

-Chicken Enchilada Wrap: Protein: 40g Carbs: 50g Fat: 14g Cal: 486

Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap, Spices

Snacks

-Cookies & Cream Protein Donuts: Protein: 24g Carbs: 28g Fat: 8g Cal: 280

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Cookie, Coconut Oil

-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

-Chocolate Chip Protein Bar: Protein: 23g Carbs: 35g Fat: 12g Cal: 340

Ingredients: High Protein Whole Grain Baking Mix, Eggs, Almond Milk, Coconut Oil, Chocolate Chips, Whey Protein

-White Chocolate Raspberry Energy Bites (GF): 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

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

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

Vegetarian/Vegan Menu Entrée

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

Ingredients: Extra Firm Tofu, Basmati Rice, Sauteed Onions, Bell Peppers, Honey Garlic Glaze

-Black Bean Burger with Sweet Potato Mash (DF): Protein: 16g Carbs: 55g Fat: 3g Cal: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices. (Side of Spicy Ketchup)

-Philly Lentil Bowl (GF): Protein: 20g Carbs: 48g Fat: 12g Cal: 380

Ingredients: Lentils, Brown Rice, Green Bell Peppers, Onion, Mozzarella, Worcestershire Sauce, Spice

-Chick Pea Alfredo Bowl: Protein: 16g Carbs: 51g Fat: 12g Cal: 378

Ingredients: Pasta, Seasoned Chickpeas, Broccoli, Alfredo Sauce, Parmesan

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