

NEW WEEKLY MENU 6/18– 6/24 (Ship Date: 6/23)

Breakfast

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

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

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

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

-Egg White, Cheese and Bacon Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Bacon, 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

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

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

-Chipotle Chicken Bowl (GF): Ingredients: Grilled Chicken, Sauteed 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 (GF) Protein:** 32g Carbs: 12g Fat: 12g Cal: 284

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

-Greek Turkey Bowl: 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 (GF)** Protein: 32g Carbs: 10g Fat: 10g Cal: 258

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

-Kung Poa Chicken Bowl (DF): Ingredients: Chicken Breast, Basmati Rice, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame Seeds

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/Keto Friendly** Protein: 32g Carbs: 14g Fat: 10g Cal: 274

Ingredients: Chicken Breast, Bell Peppers, Carrots, Broccoli, Kung Pao Sauce, Peanuts, Sesame Seeds

-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** Protein: 32g Carbs: 10g Fat: 13g Cal: 285

Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, Spices

-BBQ Turkey Bowl (GF): Ingredients: Ground Turkey, BBQ Sauce, Sweet Peas, Sweet Potato Mash, Spices

Size: **Weight Loss** Protein: 25g Carbs: 31g Fat: 7g Cal: 293

Size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 12g Cal: 464

Size: **Low Carb** Protein: 38g Carbs: 12g Fat: 18g Cal: 354

Ingredients: Ground Turkey, BBQ Sauce, Cheddar Cheese, Sweet Peas, 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

-Chicken Bacon Ranch Pocket: Protein: 25g Carbs: 26g Fat: 9g Cal: 285

(Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Greek Yogurt, Bacon, Flour, Ranch Seasoning, Spices

Lean-N-Green

-Shrimp & Sauteed Broccoli LNG (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 LNG (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 LNG (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

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

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

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

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

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

Ingredients: Shredded Chicken, Buffalo Sauce Cheddar Cheese, Tortilla Wrap, Side of Ranch

-Asian Inspired Chicken Wrap: Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Roasted Chicken, Tortilla Wrap, Shredded Carrots, Onions, Red Pepper Flakes, Sweet and Sour Sauce

Snacks

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

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Sugar Free Jello, Coconut Oil, Strawberry Extract, Lemon Extract

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

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

-Turtle Protein Cheesecake (GF): Protein: 25g Carbs: 32g Fat: 9g Cal: 309

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Whey Protein, Coconut Oil, Pecans, Chocolate Chips, Sugar Free Caramel

-Trail Mix Energy Bites (GF): Protein: 15g Carbs: 42g Fat: 22g Cal: 418

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries, Raisins

-Vanilla PB Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Ingredients: Coconut Oil, Peanut Butter, Vanilla Whey Protein, Sugar Free Vanilla Flavoring

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, Spices

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

Ingredients: Extra Firm Tofu, Basmati Rice, Bell Peppers, Peanuts, Kung Pao Sauce, Spices

-Chipotle Chickpea Bowl (GF): Protein: 19g Carbs: 59g Fat: 16g Cal: 456

Ingredients: Seasoned Chickpeas, Seasoned Basmati Rice, Squash, Chipotle Sauce, Spices

-Mediterranean Hummus Wrap (DF): Protein: 22g Carbs: 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: 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