

NEW WEEKLY MENU 6/25– 7/1 (Ship Date: 6/30)

Breakfast

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

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

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

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

-Breakfast Burrito: Protein: 28g Carbs: 49g Fat: 16g 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

-Garlic Parm Chicken Bowl: Ingredients: Grilled Chicken Breast, Orzo, Green Beans, Garlic Parmesan Sauce, 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

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

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

size: **Muscle Gain (DF)** 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, Brown Rice, Broccoli, Honey Sriracha Sauce, Spices

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

size: **Muscle Gain** Protein: 42g Carbs: 52g Fat: 5g Cal: 425

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

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

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

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

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

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 16g Fat: 7g Cal: 255

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

-Ginger Glazed Tilapia Bowl (DF): Ingredients: Tilapia, Basmati Rice, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce, Spices

Size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 4g Cal: 259

Size: **Muscle Gain** Protein: 40g Carbs: 46g Fat: 6g Cal: 398

Size: **Low Carb** Protein: 34g Carbs: 12g Fat: 5g Cal: 229

Ingredients: Tilapia, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce, Spices

-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 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 Protein 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 & 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 LNG (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

-Flounder with Lemon Sauce & Sauteed Garlic Squash (GF): Ingredients: Baked Flounder, Yellow Squash, Zucchini, Bell Pepper, Creamy Lemon Sauce, Spices Size: Lean & Green Protein: 31g Carbs: 16g Fat: 8g Cal: 260

Wraps

-Garlic Parm Wrap: Protein: 41g Carbs: 50g Fat: 10g Cal: 454

Ingredients: Grilled Chicken, Tortilla Wrap, Garlic Parmesan Sauce, Parmesan and Mozzarella Cheese, Spices

-Sweet & 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 Cheese, Parmesan Cheese

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

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

Snacks

-Caramel Apple Protein Donuts: Protein: 20g Carbs: 40g Fat: 10g Cal: 330

Ingredients: Apple Cinnamon Baking Mix, Whey Protein, Eggs, Apples, Coconut Oil, Sugar Free Caramel, Peanuts

-Chocolate Chip Protein Poppers: Protein: 21g Carbs: 32g Fat: 10g Cal: 302

Ingredients: High Protein Baking Mix, Almond Milk, Coconut Oil, Eggs, Sugar Free Chocolate Chips, Whey Protein

-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

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

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

-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

-Dark Chocolate Coconut Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Coconut

Vegetarian/Vegan Menu Entrée

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

Ingredients: Tofu, Basmati Rice, Mixed Vegetables, Broccoli, Garlic Ginger Soy Sauce, Spices

-Garlic Parm Chickpea Bowl: Protein: 14g Cabs: 57g Fat: 4g Calories: 320

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

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

Ingredients: Black Beans, Oats, Bell Peppers, Cauliflower Mash, Mixed Vegetables, Sweet & Spicy Sauce

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

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

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