

NEW WEEKLY MENU 7/9– 7/15 (Ship Date: 7/14)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

-Keto Breakfast Hash (GF): Protein: 28g Carbs: 6g Fat: 20g Cal: 316

Ingredients: Egg Whites, Bacon, Mozzarella Cheese, Cheddar Cheese, Onion, Bell Peppers, Spices

-Double Cheese Breakfast Wrap: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella 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

-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

-Chicken Bacon Ranch Bowl: Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 10g Cal: 314

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Cal: 466

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 10g Fat: 20g Cal: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

-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: 49g Fat: 8g Cal: 388

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 29g Fat: 6g Cal: 271

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

-Chicken Spaghetti Bowl: Ingredients: Oven Roasted Chicken Breast, Pasta, Marinara, Spinach, Mozzarella Cheese, Parmesan Cheese, Spices

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 Fats: 9g Cal: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Mozzarella and Parmesan Cheese, Spices

-Bourbon Chicken Bowl (GF): Ingredients: Grilled Chicken, Seasoned Basmati Rice, Broccoli, Bourbon Sauce

Size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 8g Cal: 300

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 45g Fat: 10g Cal: 430

Size: **Low Carb** Protein: 38g Carbs: 14g Fat: 9g Cal: 289

Ingredients: Grilled Chicken, Broccoli, Cheddar Cheese, Bourbon Sauce

-Southwest Turkey Bowl (GF): Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime

Size: **Weight Loss (DF)** Protein: 25g Carbs: 35g Fat: 6g Cal: 294

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 43g Fat: 8g Cal: 404

Size: **Low Carb** Protein: 34g Carbs: 15g Fat: 18g Cal: 318

Ingredients: Ground Turkey, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime, Cheddar Cheese

-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

-Philly Cheese Protein Pocket: Protein: 23g Carbs: 49g Fat: 13g Cal: 405

(Macros Per Pocket) Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, Seasonings

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

-Steak -N-Greens LNG (GF/DF): Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices

Size: Lean & Green Protein: 35g Carbs: 12g Fat: 12g Cal: 296

Wraps

-BBQ Beef Wrap: Protein: 42g Carbs: 48g Fat: 16g Cal: 504

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

-Chicken Bacon Ranch Wrap: Protein: 46g Carbs: 50g Fat: 20g Cal: 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning, Tortilla

-Italian Chicken Wrap: Protein: 40g Carbs: 50g Fats: 12g Cal: 468

Ingredients: Roasted Chicken, Tortilla Wrap, Marina Sauce, Mozzarella Cheese, Parmesan, Spices

-Bourbon Chicken Wrap: Protein: 34g Carbs: 50g Fat: 18g Cal: 522

Ingredients: Grilled Chicken, Cheddar Cheese, Tortilla Wrap, Bourbon Sauce

Snacks

-Strawberry Shortcake Protein Donuts: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: Sugar Free Baking Mix/ Frosting, Sugar Free Jello, Egg White, Whey Protein, Strawberry Extract

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

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Vanilla Extract

-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

-White Chocolate Raspberry Energy Bites: 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

-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

Vegetarian/Vegan Menu Entrée

-Lentil Shepherd's Pie Bowl (GF): Protein: 26g Carbs: 39g Fat: 14g Cal: 386

Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

-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

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

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

-Vegan Fajita Bowl (GF/DF): Protein: 12g Carbs: 50g Fat: 5g Cal: 293

Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers, Fajita Seasoning

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, 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