

NEW WEEKLY MENU 8/6– 8/12 (Ship Date: 8/11)

Breakfast

-Cranberry Orange Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Cranberry Orange Baking Mix, Cranberries, Orange Zest, Almond Milk

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

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: 36g Carbs: 14g Fat: 12g Cal: 308

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

-Chicken Alfredo Bowl: Ingredients: Oven Roasted Chicken, Fettuccine, 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 N Biscuit Bowl: Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 5g Cal: 257

size: **Muscle Gain** Protein: 40g Carbs: 42g Fat: 8g Cal: 400

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 10g Fat: 5g Cal: 253

Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices

-Egg Roll in a Bowl (DF): Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce

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, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce

-Kickin Cajun Chicken Bowl (GF): 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** Protein: 32g Carbs: 10g Fat: 8g Cal: 240

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

-Jerk Chicken Bowl (GF): Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce, Spices

Size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 6g Cal: 274

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 48g Fat: 9g Cal: 424

Size: **Low Carb** Protein: 38g Carbs: 12g Fat: 18g Cal: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk 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

-Buffalo Chicken Protein Pocket: Protein: 26g Carbs: 33g Fats: 7g Cal: 299

(Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch

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

-Parm Crusted Tilapia Bowl (GF): Ingredients: Baked Tilapia, Squash, Zucchini, Parmesan, Garlic, Spices

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

Wraps

-Philly Cheese Wrap: Protein: 40g Carbs: 50g Fat: 20g Cal: 532

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

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

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

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

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap, Spices

-BBQ Turkey Wrap: Protein: 40g Carbs: 50g Fat: 14g Cal: 486

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

Snacks

-Protein Packed Whoopie Pies: Protein: 24g Carbs: 27g Fat: 5g Cal: 245

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

-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

-Strawberry Shortcake Protein Bar: Protein: 24g Carbs: 24g Fats: 8g Cal: 264

Ingredients: Sugar Free Baking Mix, Sugar Free Protein Frosting, Egg Whites, Whey Protein, Sugar Free Strawberry Flavoring, Graham Cracker Crumble

-Caramel Pretzel Crunch Protein Brownie: Protein: 24g Carbs: 36g Fat: 8g Cal: 312

Ingredients: Sugar Free Baking Mix, Chocolate Whey Protein, Eggs, Pretzels, Sugar Free Caramel Syrup

-Almond Joyish Energy Bites (GF): Protein: 15g Carbs: 34g Fats: 22g Cal: 394

Ingredients: Peanut Butter, Oats, Chocolate Whey Protein, Coconut, Sliced Almonds, Chia Seeds

Vegetarian/Vegan Menu Entrée

-Tofu Egg Roll in a Bowl (DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Brown Rice, Tofu, Cabbage, Carrots, Soy Sauce, Spices

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

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

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

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

-Jerk Spiced Chickpea (DF/GF): Protein: 18g Carbs: 47g Fat: 4g Cal: 296

Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Pepper, Jerk Sauce, 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: 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