

NEW WEEKLY MENU 7/16– 7/22 (Ship Date: 7/21)

Breakfast

-Funfetti Protein Waffles: Protein: 22g Carbs: 45g Fat: 8g Cal: 340

Ingredients: Funfetti Pancake Mix, Whey Protein Powder, Almond Milk

-Turkey Sausage 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

-Korean Beef Bowl (DF): Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds, Korean Sauce

size: **Weight Loss** Protein: 25g Carbs: 36g Fat: 9g Cal: 325

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 14g Cal: 478

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 12g Fat: 10g Cal: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce, Sesame Seeds

-BBQ Grilled Chicken with Red Potato Bowl (GF): Ingredients: Grilled Chicken, Red Potato, 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/Keto Friendly** Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Grilled Chicken, Green Beans, Cheddar Cheese, BBQ Sauce, Spices

-Thai Peanut Chicken 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 Fats: 11g Cal: 479

size: **Low Carb/Keto Friendly** Protein: 33g Carbs: 14 g Fat: 18g Cal: 350

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

-Creamy Tuscan Chicken Bowl: Ingredients: Oven Roasted Chicken Breast, Orzo, Green Beans, Sun Dried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 9g Cal: 301

size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 12g Cal: 432

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 11g Cal: 275

Ingredients: Oven Roasted Chicken Breast, Green Beans, Sun Dried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

-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

-Buffalo Chicken Bowl (GF): Ingredients: Shredded Chicken Breast, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices

Size: **Weight Loss** Protein: 25g Carbs: 30g Fat: 5g Cal: 265

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

Size: **Low Carb** Protein: 35g Carbs: 10g Fat: 20g Cal: 380

Ingredients: Chicken Breast, Mixed Vegetables, Buffalo Sauce, Cheddar Cheese, 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

-Taco Beef Protein Pocket: Protein: 23g Carbs: 49g Fat: 13g Cal: 405

(Macros Per Pocket) Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco 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

-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

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

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

Wraps

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

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

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

Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella and Parmesan Cheese

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

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

-Spicy Beef Wrap: Protein: 40g Carbs: 50g Fat: 14g Cal: 486

Ingredients: Ground Beef, Cheddar Cheese, Tomato Basil Tortilla Wrap, Jalapeno, Bell Peppers

Snacks

-Birthday Cake Protein Donuts: Protein: 22g Carbs: 23g Fat: 8g Cal: 252

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

-Orange Dream Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Cal: 276

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, Orange Extract, Coconut Oil

-Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk, White Chocolate Chip

-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

-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

Vegetarian/Vegan Menu Entrée

-Tuscan Chickpea Bowl: Protein: 18g Carbs: 51g Fat: 14g Cal: 402

Ingredients: Oven Roasted Chickpeas, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

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

Ingredients: Extra Firm Tofu, Brown Rice, Broccoli Shredded Carrots, Korean Sauce, Sesame Seeds

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

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

-Yum Yum Tofu Bowl (GF): Protein: 25g Carbs: 26g Fat: 11g Cal: 303

Ingredients: Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Spices, Side of Yum Yum Sauce.

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