

NEW WEEKLY MENU 7/23– 7/29 (Ship Date: 7/28)

Breakfast

-Buttermilk Protein Waffles with PB & Jelly: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix and Almond Milk, Side of Peanut Butter and Jelly

-Bacon & Cheese Breakfast Omelet (GF): Protein: 32g Carbs: 2g Fat: 18g Cal: 298

Ingredients: Egg whites, Egg, Bacon, Cheddar Cheese, Spices

- Breakfast Burrito: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

-Fajita Grilled Chicken Bowl (GF): Ingredients: Grilled Chicken, Basmati Rice, Sauteed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

size: **Weight Loss** Protein: 27g Carbs: 30g Fat: 8g Cal: 300

size: **Muscle Gain** Protein: 42g Carbs: 40g Fat: 10g Cal: 418

size: **Low Carb/Keto Friendly** Protein: 9g Carbs: 39g Fat: 12g Cal: 300

Ingredients: Grilled Chicken, Cauliflower Rice, Sauteed Onions, Bell Peppers, Mozzarella, Cilantro, Spices

-Loaded Smash Potato Bowl (GF): Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili

Seasoning, Spices 1 oz Cup of Greek Yogurt

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 9g Cal: 309

size: **Muscle Gain** Protein: 45g Carbs: 49g Fat: 12g Cal: 484

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 14g Fat: 14g Cal: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices 1 oz Cup of Greek Yogurt

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

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

-Chicken Enchilada Bowl: Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans,

Jalapenos and Fresh Cilantro, Side of Salsa Verde

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Cal: 294

size: **Muscle Gain** Protein: 30g Carbs: 43g Fat: 8g Cal: 364

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Cal: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro, Spices, Side of Salsa Verde

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

Size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 8g Cal: 284

Size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 12g Cal: 460

Size: **Low Carb** Protein: 30g Carbs: 12g Fat: 12g Cal: 296

Ingredients: Ground Beef, Broccoli, Teriyaki Sauce, Sesame Seeds, Spices

-Spinach & Cheese Stuffed Chicken Bowl: Ingredients: Oven Roasted Chicken, Orzo, Green Beans, Spinach, Provolone Cheese, Spices

Size: **Weight Loss** Protein: 27g Carbs: 31g Fat: 7g Cal: 295

Size: **Muscle Gain** Protein: 41g Carbs: 42g Fat: 9g Cal: 413

Size: **Low Carb (GF)** Protein: 36g Carbs: 11g Fat: 8g Cal: 260

Ingredients: Oven Roasted Chicken, Green Beans, Spinach, Provolone 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

-Yum Yum Grilled Chicken Bowl LNG (GF/DF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sauteed Onions, Spices,

Side of Yum Yum Sauce Protein: 35g Carbs:16g Fat: 10g Cal: 294

-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 Green LNG (GF/DF): Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots, Chimichurri Sauce

Size: Lean & Green Protein: 42g Carbs: 13g Fat: 16g Cal: 343

Wraps

-Fajita Grilled Chicken Wrap: Protein: 40g Carbs: 50g Fat: 12g Cal: 486

Ingredients: Grilled Chicken Breast, Bell Peppers, Onion, Mozzarella, Cilantro, Tortilla Wrap and Spices

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

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

-Taco Chicken Wrap: Protein: 42g Carbs: 50g Fat: 16g Cal: 486

Ingredients: Shredded Chicken, Cheddar Cheese, Tortilla Wrap, Salsa, Taco Seasoning, Cilantro

-Steak Burrito Wrap: (+1.00) Protein: 42g Carbs: 64g Fat: 18g Cal: 586

Ingredients: Lean Steak, Rice, Cheddar Cheese, Tortilla Wrap, Salsa, Spices

Snacks

-Cookies & Cream Protein Donuts: Protein: 24g Carbs: 28g Fat: 8g Cal: 280

Ingredients: Sugar free cake mix, Whey Protein, Egg whites, Cookie, Coconut Oil

-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

-Chocolate Covered Stuffed Dates (GF/DF): Protein: 4g Carbs: 33g Fat: 9g Cal: 210

Ingredients: Dates, Peanut Butter, Almonds, Vegan Chocolate Chips, Coconut Oil, Stevia, Sea Salt (Macros Per 4 Dates)

-Cookie Dough Bites (GF/DF): Protein: 15g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

-Chocolate Chip Protein Bar: Protein: 23g Carbs: 35g Fat: 12g Cal: 340

Ingredients: High Protein Whole Grain Baking Mix, Almond Milk, Coconut Oil, Eggs, Chocolate Chips, Whey Protein

-Candy Bar Keto Fudge (GF): Protein: 15g Carbs: 9g Fat: 28g Cal: 348

Ingredients: Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring, Peanuts, Sugar Free Caramel

Vegetarian/Vegan Menu Entrée

-Loaded Smash Potato Bowl (GF): Protein: 16g Carbs: 50g Fat: 12g Cal: 372

Ingredients: Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices. 1 oz Cup of Greek Yogurt

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

Ingredients: Extra Firm Tofu, Basmati Rice, Broccoli, Soy Sauce, Teriyaki Sauce

-Vegetarian Taco Bowl: Protein: 22g Carbs: 49g Fat: 14g Cal: 392

Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortillas, Cilantro, Spinach, Spices

-Veggie Greek Pasta Salad: Protein:16g Carbs: 50g Fat: 12g Cal: 372

Ingredients: Pasta, Chickpeas, Kale, Black Olives, Red Onion, Balsamic Vinaigrette, 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: 11 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