

NEW WEEKLY MENU 8/13– 8/19 (Ship Date: 8/18)

Breakfast

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

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries

-Crustless Quiche (GF): Protein: 28g Carbs: 4g Fat: 19g Cal: 299

Ingredients: Eggs, Milk, Cheddar Cheese, Spinach, Parmesan and Mozzarella Cheese, Green Onions, Ham, 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

-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: 41g Fat: 8g Cal: 388

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 11g Fat: 7g Cal: 271

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

-Cheeseburger Bowl (GF): Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup, Mustard

size: **Weight Loss** Protein: 28g Carbs: 30g Fat: 12g Cal: 340

size: **Muscle Gain** Protein: 48g Carbs: 45g Fat: 16g Cal: 516

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 10g Fat: 20g Cal: 364

Ingredients: Ground Beef, Green Beans, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

-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 Fat: 11g Cal: 479

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

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

-Italian Chicken with Cheese Tortellini Bowl: Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 8g Cal: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 10g Cal: 454

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 9g Cal: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

-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

-Mesquite Grilled Bowl (GF): Ingredients: Grilled Chicken Breast, Sweet Potatoes, Broccoli, Spices

Size: **Weight Loss (DF)** Protein: 25g Carbs: 27g Fat: 3g Cal: 235

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 40g Fat: 5g Cal: 365

Size: **Low Carb** Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Grilled Chicken Breast, Broccoli, 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

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

Protein: 42g Carbs: 13g Fat: 16g Cal: 343

-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

-Mesquite Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fat: 10g Cal: 426

Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap, Spices

-Cheeseburger Wrap: Protein: 40g Carbs: 48g Fat: 18g Cal: 514

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

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

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

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

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

-Thai Peanut Chicken Wrap (DF): Protein: 38g Carbs: 52g Fat: 14g Cal: 486

Ingredients: Shredded Chicken Breast, Whole Wheat Wrap, Shredded Carrots, Thai Peanut Sauce, Spices

Snacks

-Cinna Roll Protein Donuts: Protein: 18g Carbs: 34g Fat: 12g Cal: 306

Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Sugar Free Frosting, Cinnamon, Almond Milk, Splenda

-Red Velvet Protein Poppers: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: High Protein Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Red Velvet Flavoring, White Chocolate Chips, Cream Cheese 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 and Sugar Free Caramel Sauce

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

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

-Vanilla Peanut Butter Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Ingredients: Coconut Oil, Peanut Butter, Vanilla Whey Protein, Sugar Free Vanilla Flavoring

Vegetarian/Vegan Menu Entrée

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

Ingredients: Extra Firm Tofu, Basmati Rice, Sauteed Onions, Green Beans, Bell Peppers, Honey Garlic Glaze

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

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

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

Ingredients: Chickpeas, Cheese Tortellini, Marinara, Mozzarella, Spinach, Garlic, Spices

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

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

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