

NEW WEEKLY MENU 8/20– 8/26 (Ship Date: 8/25)

Breakfast

-Banana Nut Protein Waffles: Protein:22g Carbs:40g Fat:8g Calories:320

Ingredients: Protein Pancake Mix, Banana Nut Baking Mix, Almond Milk, Cinnamon and Walnuts

-Turkey Sausage Breakfast Scramble (GF): Protein: 28g Carbs: 4g Fat: 17g Calories: 281

Ingredients: Egg Whites, Cheddar Cheese, Turkey Sausage and Spices

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

Ingredients: Egg Whites, Cheddar Cheese, Salsa, Tortilla Wrap and Spices

-Protein Oat Bowl: Chocolate Lovers: Protein: 31g Carbs: 36g Fat: 10g Calories: 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 Calories: 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 Calories: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREE

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

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

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

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

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

-Sloppy Joe Bowl (GF/DF): Ingredients: Ground Beef, Garlic Mash, Sloppy Joe Sauce, Carrots, and Spices

size: **Weight Loss** Protein: 25g Carbs: 30g Fat: 8g Calories: 292

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 11g Calories: 439

size: **Low Carb/Keto Friendly (GF)** Protein: 35g Carbs: 11g Fat: 14g Calories: 34

Ingredients: Ground Beef, Garlic Mash, Sloppy Joe Sauce, Carrots, Cheddar Cheese and Spices

-Garlic Parm Chicken Bowl: Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

size: **Weight Loss** Protein: 26g Carbs: 30g Fats: 6g Calories: 274

size: **Muscle Gain** Protein: 40g Carbs: 45g Fats: 9g Calories: 421

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 14g Calories: 302

Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese

-Creamy Curry Chicken Bowl: Ingredients: Oven Roasted Chicken, Basmati Rice, Broccoli, Bell peppers, Onions, Creamy Curry Sauce

size: **Weight Loss** Protein: 27g Carbs: 30g Fats: 8g Calories: 300

size: **Muscle Gain** Protein: 41g Carbs: 44g Fats: 10g Calories: 430

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 11g Fats: 9g Calories: 261

Ingredients: Oven Roasted Chicken, Broccoli, Bell peppers, Onions, Creamy Curry Sauce

-Southwest Turkey Bowl (DF/GF): Ingredients: Ground Turkey, Basmati Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro,

Jalapenos, Lime

Size: **Weight Loss** Protein: 25g Carbs: 35g Fats: 6g Calories: 294

Size: **Muscle Gain** Protein: 40g Carbs: 43g Fats: 8g Calories: 404

Size: **Low Carb (GF)** Protein: 34g Carbs: 15g Fats: 18g Calories: 318

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

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

Size: **Weight Loss** Protein: 25g Carbs: 32g Fats: 8g Calories: 300

Size: **Muscle Gain** Protein: 40g Carbs: 45g Fats: 10g Calories: 430

Size: **Low Carb (GF)** Protein: 38g Carbs: 14g Fats: 9g Calories: 289

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

-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 Calories: 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 Calories: 434

-Taco Beef Protein Pocket: Protein: 23g Carbs: 49g Fats: 13g Calories: 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 Calories: 260

-Chimichurri Bowl LNG (DF/GF): Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots, Chimichurri Sauce
Protein: 42g Carbs: 13g Fats: 16g Calories: 343

-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 Calories: 264

-Yum Yum Grilled Chicken Bowl LNG (DF/GF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sauteed Onions, Spices and a side cup of Yum Yum Sauce
Protein: 35g Carbs: 16g Fat: 10g Calories: 294

Wraps

-Chicken Bacon Ranch Wrap: Protein 46g Carbs 50g Fats 20g Cal 564
Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning and Tortilla

-Garlic Parm Chicken Wrap: Protein: 41g Carbs: 50g Fat: 10g Calories: 454
Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce and Spices

-Southwest Turkey Wrap: Protein 40g Carbs 52g Fats 14g Cal 494
Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapenos, Cheddar Cheese

-Sloppy Joe Wrap: Protein: 40g Carbs: 54g Fat: 14g Calories: 500
Ingredients: Lean Ground Beef, Cheddar Cheese, Tortilla, Sloppy Joe Sauce

-Bourbon Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fats: 18g Calories: 522
Ingredients: Grilled Chicken, Cheddar Cheese, Tortilla Wrap, Bourbon Sauce

Snacks

-Caramel Apple Protein Donuts: Protein: 20g Carbs: 40g Fats: 10g Calories: 330
Ingredients: Apple Cinnamon Baking Mix, Whey Protein, Eggs, Apples, Coconut Oil, Sugar Free Caramel, Peanuts

-Lemon Cake Protein Poppers: Protein: 24g Carbs: 17g Fat: 5g Calories: 205
Ingredients: Sugar Free Baking Mix/ Frosting, Egg White, Whey Protein, Coconut Oil, Lemon Extract and Lemon

-S'mores Protein Bar: Protein: 24g Carbs: 32g Fat: 11g Calories: 323
Ingredients: Sugar Free Baking Mix, Whey Protein Powder, Eggs, Marshmallows, Graham Cracker Crumble, Sugar Free Flavoring, Coconut oil,

-White Chocolate Raspberry Bites(GF): Protein: 15g Carbs: 34g Fats: 22g Calories: 394
Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Sugar Free Jello

-Chocolate Peanut Butter Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Calories: 328
Ingredients: Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring

Vegetarian/Vegan Menu Entrée

-Garlic Parm Chickpea Bowl: Protein: 14g Cabs: 57g Fat: 4g Calories: 320
Ingredients: Chickpeas, Orzo, Green Beans, Garlic Parmesan Sauce, Parmesan and Spices

-Mediterranean Hummus Wrap (DF): Protein: 22g Cabs: 65g Fat: 8g Calories: 420
Ingredients: Tomato Basil Tortilla Wrap, Hummus, Sun Dried Tomatoes, Roasted Red Peppers, Chickpeas and Spinach

-Honey BBQ Tofu Bowl (GF/ DF): Protein: 19g Carbs: 59g Fats: 16g Calories: 456
Ingredients: Tofu, Jasmine Rice, Broccoli, BBQ Sauce, Honey, and Spices

-Cilantro Lime Veggie Burritos: Protein: 21g Carbs: 46g Fat: 11g Calories: 347
Ingredients: Black Beans, Corn, Salsa, Tortilla, Cilantro Lime 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: 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