

NEW WEEKLY MENU 9/24– 9/30 (Ship Date: 9/29)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

-Ham, Egg and Cheese Omelet (GF): Protein: 32g Carbs: 2g Fat: 14g Cal: 280

Ingredients: Egg whites, Egg, Ham, Cheddar Cheese, Mozzarella Cheese, 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

-Turkey Meatloaf Bowl (DF/GF): Ingredients: Ground Turkey, Potato, Oatmeal, Onion, Green Beans, Bell Peppers, Egg, Tangy Tomato Sauce, Spices

size: **Weight Loss** Protein: 27g Carbs: 37g Fat: 6g Cal: 310

size: **Muscle Gain** Protein: 40g Carbs: 47g Fat: 9g Cal: 429

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fat: 10g Cal: 270

Ingredients: Ground Turkey, Green Beans, Egg, Oatmeal, Bell Peppers, Tangy Tomato Sauce, Onion, Spices

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

size: **Weight Loss:** Protein: 26g Carbs: 30g Fat: 6g Cal: 274

size: **Muscle Gain:** Protein: 40g Carbs: 45g Fat: 9g Cal: 421

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

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

-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/Keto Friendly** Protein: 32g Carbs: 10g Fat: 8g Cal: 240

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

-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

-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** Protein: 36g Carbs: 10g Fat: 20g Cal: 364

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

-Chicken Alfredo Bowl: Ingredients: Oven Roasted Chicken, Noodles, 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 (GF)** Protein: 32g Carbs: 13g Fat: 13g Cal: 306

Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

-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 Steak 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 Sautéed Green Beans (GF/DF): Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey and Spices Size: Lean & Green Protein: 36g Carbs: 12g Fat: 8g Cal: 264

-Yum Yum Grilled Chicken Bowl (GF/DF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sautéed Onions, Spices, Side of Yum Yum Sauce Protein: 35g Carbs: 16g Fat: 10g Cal: 294

Wraps

-Garlic Parm Chicken Wrap: Protein: 41g Carbs: 50g Fat: 10g Cal: 454

Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce, Spices

-Kickin Cajun Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Cal: 866

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

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

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

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

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

Snacks

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

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

-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

-Pumpkin Cheesecake Protein Bar: Protein: 24g Carbs: 34g Fat: 8g Cal: 304

Ingredients: Sugar Free Baking Mix, Egg, Whey Protein, Sugar Free Pudding, Pumpkin Pie Spice

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

Ingredients: Peanut Butter, Oats, Pecans, Whey Protein, Chia Seeds, Sugar Free Flavoring

-Banana Crème Protein Pudding: Protein: 22g Carbs: 16g Fat: 8g Cal: 200

Ingredients: Greek Yogurt, Sugar Free Banana Pudding Mix, Vanilla Wafers

-Dark Chocolate Mint Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Keto Mint Chocolate Chips

Vegetarian/Vegan Menu Entrée

-Hibachi Skillet Tofu Bowl (DF): Protein: 25g Carbs: 26g Fat: 9g Cal: 285

Ingredients: Extra Firm Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Soy Sauce, Spices

-Garlic Parm Chickpea Bowl (GF): Protein: 14g Carbs: 57g Fat: 4g Cal: 320

Ingredients: Chickpeas, Orzo, Green Beans, Garlic Parmesan Sauce, Parmesan, Spices

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

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

-Spicy Bean and Lentil Bowl (GF/DF): Protein: 16g Carbs: 64g Fat: 6g Cal: 360

Ingredients: Beans, Lentils, Sriracha, Onions, Brown Rice, Spinach, 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