

NEW WEEKLY MENU 9/10– 9/16 (Ship Date: 9/15)

Breakfast

-Pumpkin Spice Protein Waffles: Protein: 22g Carbs: 38g Fat: 8g Cal: 304

Ingredients: Protein Waffle Mix, Pumpkin, Pumpkin Pie Spice

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

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

-Taco Beef Bowl (GF): Ingredients: Ground Beef, Brown Rice, Spinach, Salsa, Cheddar Cheese, Taco Seasoning, Fresh Cilantro

size: **Weight Loss** Protein: 25g Carbs: 25g Fat: 11g Cal: 299

size: **Muscle Gain** Protein: 40g Carbs: 40g Fat: 16g Cal: 464

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 12g Fat: 20g Cal: 372

Ingredients: Ground Beef, Spinach, Salsa, Corn, Cheddar Cheese, Taco Seasoning, Fresh Cilantro

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

-Cheesy Chicken Bake Bowl (GF): Ingredients: Seasoned Shredded Chicken, Basmati Rice, Broccoli, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 32g Fat: 11g Cal: 339

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: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, Spices

-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** Protein: 32g Carbs: 11g Fat: 7g Cal: 271

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

-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

-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

-Chicken Bacon Ranch Protein Pocket: Protein: 25g Carbs: 26g Fat: 9g Cal: 285

(Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Greek Yogurt, Bacon, Flour, Ranch Seasoning, Spices

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 (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 (GF/DF): Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey and Spices

Size: Lean & Green Protein: 36g Carbs: 12g Fat: 8g Cal: 264

Wraps

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

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

-Taco Beef Wrap: Protein: 42g Carbs: 50g Fat: 20g Cal: 548

Ingredients: Ground Beef, Salsa, Fresh Cilantro, Cheddar Cheese, Tortilla Wrap, Taco Seasoning

-BBQ Turkey Wrap: Protein: 40g Carbs: 50g Fat: 14g Cal: 486

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

-Buffalo Chicken Wrap: Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Shredded Chicken, Cheddar Cheese, Tortilla Wrap, Buffalo Sauce, Side of Ranch

Snacks

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

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

-Chocolate Chip Protein Poppers: Protein: 21g Carbs: 32g Fat: 10g Cal: 302

Ingredients: High Protein Baking Mix, Almond Milk, Coconut Oil, Eggs, Sugar Free Chocolate Chips, Whey Protein

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

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

-Turtle Protein Cheesecake: 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

-Butter Pecan Keto Fudge (GF): Protein: 15g Carbs: 7g Fat: 28g Cal: 496

Ingredients: Pecans, Peanut Butter, Butter Pecan Whey Protein, Coconut Oil, Splenda

Vegetarian/Vegan Menu Entrée

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

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

-Honey Garlic Tofu (DF): Protein: 16g Carbs: 50g Fat: 12g Calories: 372

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

-Vegan Fajita Bowl (GF/DF): Protein: 12g Carbs: 50g Fat: 5g Calories: 293

Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers, Fajita Seasoning

-Sweet & Spicy Vegan Meatball Bowl (GF/DF): Protein: 18g Carbs: 46g Fat: 8g Calories: 328

Ingredients: Black Beans, Oats, Bell Peppers, Cauliflower Mash, Mixed Vegetables, Sweet & Spicy 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