

NEW WEEKLY MENU 9/17– 9/23 (Ship Date: 9/22)

Breakfast

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

Ingredients: Protein Pancake Mix, Almond Milk, Triple Baking Mix

-Western Breakfast Omelet (GF): Protein: 32g Carbs: 6g Fat: 14g Cal: 296

Ingredients: Egg whites, Egg, Bacon, Mozzarella Cheese, Onions, Bell Peppers, Spices

-Double Cheese Breakfast Wrap: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar and 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

-Philly Cheese Bowl (GF): Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Cal: 296

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 18g Cal: 482

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 14g Fat: 12g Cal: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

-Jerk Grilled Chicken Bowl (GF): Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 6g Cal: 274

size: **Muscle Gain (DF)** Protein: 40g Carbs: 48g Fat: 9g Cal: 424

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 12g Fat: 18g Cal: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Spices

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

-Italian Turkey with Ziti Bowl: Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesan, Spices

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Cal: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Cal: 463

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Cal: 306

Ingredients: Ground Turkey, Zucchini, Mozzarella, Parmesan, Spices

-Creamy Curry Chicken Bowl (GF): Ingredients: Oven Roasted Chicken, Basmati Rice, Broccoli, Creamy Curry Sauce, Spices

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

Size: **Muscle Gain** Protein: 41g Carbs: 44g Fat: 10g Cal: 430

Size: **Low Carb** Protein: 34g Carbs: 11g Fat: 9g Cal: 261

Ingredients: Oven Roasted Chicken, Broccoli, Creamy Curry Sauce, Spices

-Egg Roll in A Bowl (DF): Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet, Sour Sauce

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, Cabbage, Carrots, Soy Sauce, Green Onions, Side of Sweet and Sour 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 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 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

-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

Wraps

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

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap, Spices

-Philly Cheese Wrap: Protein: 40g Carbs: 50g Fat: 20g Cal: 532

Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone, Mozzarella Cheese

-Italian Turkey Wrap: Protein: 40g Carbs: 50g Fat: 18g Cal: 522

Ingredients: Ground Turkey, Mozzarella, Tortilla, Parmesan, Marinara Sauce, Spices

-Chicken Enchilada Wrap: Protein: 40g Carbs: 50g Fat: 14g Cal: 486

Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap, Spices

Snacks

-Lemon Cake Protein Donut: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: Sugar Free Baking Mix, Egg White, Whey Protein, Coconut Oil, Lemon Extract, Lemon

-Pumpkin Spice Protein Poppers: Protein: 24g Carbs: 24g Fat: 8g Cal: 268

Sugar Free Cake Mix, Egg, Whey Protein, Pumpkin, Pecan, Pumpkin Pie Spice, Coconut Oil

-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

-White Chocolate Raspberry Energy Bites (GF) Protein: 15g Carbs: 34g Fats: 22g Cal: 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 Fats: 28g Cal: 328

Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring

Vegetarian/Vegan Menu Entrée

-Italian Chickpea with Ziti Bowl: Protein: 16g Carbs: 50g Fats: 12g Cal: 374

Ingredients: Chickpeas, Ziti, Marinara, Mozzarella and Parmesan Cheese, Spinach, Garlic, Spices

-Philly Lentil Bowl (GF) Protein: 20g Carbs: 48g Fat: 12g Cal: 380

Ingredients: Lentils, Brown Rice, Green Bell Peppers, Onion, Mozzarella, Worcestershire Sauce, Spices

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

Ingredients: Brown Rice, Tofu, Cabbage, Carrots, Soy Sauce, Spices

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

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices, Side of 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