

NEW WEEKLY MENU 10/1– 10/7 (Ship Date: 10/6)

Breakfast

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

Ingredients: Protein Waffle Mix, Pumpkin, Pumpkin Pie Spice

-Turkey Sausage and Cheese Omelet (GF) Protein: 32g Carbs: 2g Fat: 14g Cal: 280

Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar Cheese, Spices

-Mediterranean Breakfast Wrap: Protein: 32g Carbs: 51g Fat: 18g Cal: 498

Ingredients: Egg Whites, Tomato Basil Tortilla, Mozzarella, Feta, Spinach, Fire Roasted Red Bell Peppers

-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

-BBQ Grilled Chicken Bowl (GF) Ingredients: Grilled Chicken, Red Potato, Green Beans, BBQ Sauce, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 3g Cal: 255

size: **Muscle Gain (DF)** Protein: 40g Carbs: 52g Fat: 5g Cal: 413

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

Ingredients: Chicken Breast, Green Beans, Cheddar, BBQ Sauce, Spices

-Chick-N-Biscuit Bowl: Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

size: **Weight Loss:** Protein: 25g Carbs: 28g Fat: 5g Cal: 257

size: **Muscle Gain:** Protein: 40g Carbs: 42g Fat: 8g Cal: 400

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 10g Fat: 5g Cal: 253

Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices

-Korean Beef Bowl (DF) Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds, Korean Sauce

size: **Weight Loss** Protein: 25g Carbs: 36g Fat: 9g Cal: 325

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 14g Cal: 478

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 12g Fat: 10g Cal: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce, Sesame Seeds

-Pizza Bowl: Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Spinach, Italian Seasoning

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 15g Cal: 352

size: **Muscle Gain** Protein: 45g Carbs: 46g Fat: 19g Cal: 535

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 10g Fat: 20g Cal: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Italian Seasoning

-Kung Pao Chicken Bowl (DF) Ingredients: Chicken Breast, Basmati Rice, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame seeds

Size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 5g Cal: 277

Size: **Muscle Gain** Protein: 40g Carbs: 44g Fat: 8g Cal: 408

Size: **Low Carb** Protein: 32g Carbs: 14g Fat: 10g Cal: 274

Ingredients: Chicken Breast, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame seeds

-Garlic Ginger Chicken Bowl (GF) Ingredients: Oven Roasted Chicken Breast, Brown Rice, Broccoli, Cauliflower, Carrots, Garlic Ginger Sauce, Spices

Size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 4g Cal: 255

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 42g Fat: 6g Cal: 373

Size: **Low Carb** Protein: 32g Carbs: 12g Fat: 12g Cal: 284

Ingredients: Oven Roasted Chicken Breast, Broccoli, Cauliflower, Carrots, Mozzarella Cheese, Garlic Ginger 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

-Taco Beef Protein Pocket: Protein: 23g Carbs: 49 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

- BBQ Shredded Beef Skillet Bowl (GF/DF) Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices

Protein: 42g Carbs: 14g Fat: 16g Cal: 368

-Honey BBQ Glazed Salmon with Sauteed Green Beans (GF/DF) Ingredients: Wild Caught Salmon, Green Beans and 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, Sauteed Onions, Spices, Side cup of Yum Yum Sauce Protein: 35g Carbs: 16g Fat: 10g Cal: 294

Wraps

-BBQ Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fat: 16g Cal: 480

Ingredients: Chicken Breast, Cheddar Cheese, BBQ Sauce, Tortilla Wrap, Spices

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

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

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

Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese

-Asian Inspired Chicken Wrap (DF) Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Roasted Chicken, Tortilla Wrap, Shredded Carrots, Onions, Red Pepper Flakes, Sweet and Sour Sauce

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

Ingredients: Ground Beef, Cheddar, Tortilla Wrap. Salsa, Black Beans, Taco Seasoning

Snacks

-Caramel Apple Protein Donut: Protein: 20g Carbs: 40g Fat: 10g Cal: 280

Ingredients: Apple Cinnamon Baking Mix, Whey Protein, Eggs, Apples, Coconut Oil, Sugar Free Caramel, Peanuts

-Very Cherry Protein Poppers: Protein: 24g Carbs: 21g Fat: 5g Cal: 217

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Almond Milk, Sugar Free Cherry Jello, Coconut Oil, Splenda

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

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

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

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

-Oatmeal Rasin Cookie: Protein: 14g Carbs: 43g Fat: 8g Cal: 348

Ingredients: Oat Flour, Whey Protein, Pumpkin, Apple Sauce, Egg Whites, Raisins, Baking Soda, Cinnamon, Splenda, Coconut Oil

-Candy Bar Keto Fudge (GF) Protein: 15g Carbs: 9g Fat: 28g Cal: 348

Ingredients: Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring, Peanuts, Sugar Free Caramel

Vegetarian/Vegan Menu Entrée

-Cabbage Steak Bowl (GF/DF) Protein: 10g Carbs: 47g Fat: 5g Cal: 213

Ingredients: Cabbage, Oven Roasted Red Potato, Sauteed Onions, Spices

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

Ingredients: Extra Firm Tofu, Brown Rice, Broccoli Shredded Carrots, Korean Sauce, Sesame Seeds

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

Ingredients: Extra Firm Tofu, Basmati Rice, Bell Peppers, Peanuts, Kung Pao Sauce, Spices

-Sweet and Sour Chickpea Bowl (GF/DF) Protein: 19g Carbs: 59g Fat: 6g Cal: 366

Ingredients: Chickpeas, Basmati Rice, Broccoli, Sweet and Sour Sauce, Green Onion, 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