

NEW WEEKLY MENU 10/16 10/21 (Ship Date: 10/20)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

-Bacon and Cheese Omelet (GF) Protein: 32g Carbs: 2g Fat: 18g Cal: 298

Ingredients: Egg whites, Egg, Bacon Cheese, Cheddar 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

-Italian Chicken with Cheese Tortellini Bowl: Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 8g Cal: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 10g Cal: 454

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 9g Cal: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

-Shepherd's Pie Bowl (GF) Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices

size: **Weight Loss:** Protein: 25g Carbs: 33g Fat: 12g Cal: 340

size: **Muscle Gain:** Protein: 39g Carbs: 46g Fat: 14g Cal: 472

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 16g Fat: 13g Cal: 321

Ingredients: Lean Ground Beef, Cauliflower Mash, Mixed Vegetables, Cheddar Cheese, Spices

-Sweet Chili Chicken Bowl (GF) Ingredients: Grilled Chicken, Basmati Rice, Seasoned Broccoli, Bell Peppers, Sweet Chili Sauce

size: **Weight Loss (DF)** Protein: 25g Carbs: 35g Fat: 6g Cal: 294

size: **Muscle Gain (DF)** Protein: 40g Carbs: 43g Fat: 8g Cal: 404

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 15g Fat: 18g Cal: 318

Ingredients: Grilled Chicken, Seasoned Broccoli, Bell Peppers, Mozzarella Cheese, Sweet Chili Sauce

-Greek Turkey Bowl (DF) Ingredients: Ground Turkey, Brown Rice, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese (on side), Spices

size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 8g Cal: 304

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 12g Cal: 448

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 10g Cal: 258

Ingredients: Ground Turkey, Zucchini, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese (on side), 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

-BBQ Shredded Chicken with Bacon Mac Bowl: Ingredients: Shredded Chicken Breast, Pasta, Mixed Veggies, Cheese Sauce, Bacon, BBQ Sauce, Spices

Size: **Weight Loss** Protein: 24g Carbs: 40g Fat: 10g Cal: 346

Size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Size: **Low Carb (GF)** Protein: 34g Carbs: 15g Fat: 16g Cal: 340

Ingredients: Shredded Chicken Breast, Bacon, Spices, Mixed Vegetables, Cheese Sauce and BBQ 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

-Philly Cheese Protein Pocket: Protein: 23g Carbs: 49g Fat: 13g Cal: 405

(Macros Per Pocket) Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, 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

-Steak -N- Greens Bowl (GF/DF) Ingredients: Grilled Lean Steak, Green Beans, Sautéed Onions, Sliced Almonds, Spices

Protein: 35g Carbs: 12g Fat: 12g Cal: 296

-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

-BBQ Shredded Chicken Wrap: Protein: 34g Carbs: 50g Fat: 16g Calories: 480

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

-Sweet Chili Chicken Wrap: Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Grilled Chicken, Tortilla Wrap, Mozzarella Cheese, Sweet Chili Sauce, Bell Peppers, Spices

-Italian Chicken Wrap: Protein: 40g Carbs: 50g Fat: 12g Calories: 468

Ingredients: Roasted Chicken, Tortilla Wrap, Marinara Sauce, Mozzarella Cheese, Parmesan, Spices

-Spicy Beef Wrap: Protein: 30g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Ground Beef, Cheddar Cheese, Tomato Basil Tortilla, Jalapeno, Bell Peppers, Cayenne Pepper

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

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

Snacks

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

Ingredients: Sugar Free Cake Mix, Egg, Whey Protein, Pumpkin, Pecan, Coconut Oil, Pumpkin Spice, Maple Extract

-Lemon Cake Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Cal: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Lemon, Lemon Extract, 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, Sugar Free Caramel Sauce

-Chocolate Chip Protein Cookies (GF) Protein: 12g Carbs: 42g Fat: 4g Cal: 300

Ingredients: Oat Flour, Apple Sauce, Egg Whites, Whey Protein, Chocolate Chips, Pumpkin, Vanilla Extract, Baking Soda, Butter

-White Chocolate Raspberry Energy Bites (GF/DF) Protein: 15g Carbs: 34g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Sugar Free Jello

-Vanilla Peanut Butter Fudge (GF) Protein: 15g Carbs: 9g Fat: 28g Cal: 348

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

Vegetarian/Vegan Menu Entrée

-Italian Chickpea Bowl: Protein: 16g Carbs: 50g Fat: 12g Calories: 374

Ingredients: Chickpeas, Cheese Tortellini, Marinara, Mozzarella, Spinach, Garlic, Spices

-Lentil Sheppard Pie Bowl (GF) Protein: 26g Carbs: 39g Fat: 14g Calories: 386

Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

-Honey Garlic Tofu (DF) Protein: 15g Carbs: 45g Fat: 8g Calories: 312

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

-Veggie Greek Pasta Salad Bowl: Protein: 16g Carbs: 50g Fat: 12g Cal: 372

Ingredients: Pasta, Chickpeas, Kale, Black Olives, Red Onion, Balsamic Vinaigrette, Seasoning

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