

NEW WEEKLY MENU 10/22– 10/28 (Ship Date: 10/27)

Breakfast

-Blueberry Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk and Fresh Blueberries

-Turkey Sausage Scramble (GF): Protein: 28g Carbs: 4g Fat: 17g Calories: 281

Ingredients: Egg Whites, Cheddar Cheese, Turkey Sausage and Spices

-Breakfast Burrito: Protein: 28g Carbs: 49g Fat: 16g Calories: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, Tortilla Wrap and Spices

-Protein Oat Bowl: Chocolate Lovers: Protein: 31g Carbs: 36g Fat: 10g Calories: 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 Calories: 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 Calories: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREE

-Cheeseburger Bowl (GF): Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup and Mustard

size: **Weight Loss** Protein: 28g Carbs: 30g Fat: 12g Calories: 340

size: **Muscle Gain** Protein: 48g Carbs: 45g Fat: 16g Calories: 516

size: **Low Carb/Keto Friendly (GF):** Protein: 36g Carbs: 10g Fat: 20g Calories: 364

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

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

size: **Weight Loss:** Protein: 25g Carbs: 30g Fats: 6g Calories: 274

size: **Muscle Gain:** Protein: 40g Carbs: 48g Fat: 9g Calories: 424

size: **Low Carb/Keto Friendly (GF):** Protein: 38g Carbs: 12g Fats: 18g Calories: 318

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

-Taco Turkey Bowl (GF): Ingredients: Ground turkey, Seasoned Brown Rice, Spinach, Cheddar, Taco Seasoning and Salsa

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

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

size: **Low Carb/Keto Friendly (GF):** Protein: 36g Carbs: 12g Fat: 20g Calories: 372

Ingredients: Ground turkey, Spinach, Cheddar, Taco Seasoning and Salsa

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

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294

size: **Muscle Gain** Protein: 30g Carbs: 43 Fat: 8g Calories: 364

size: **Low Carb/Keto Friendly (GF):** Protein: 34g Carbs: 15g Fat: 12g Calories: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro and Spices

-Ginger Glazed Tilapia Bowl (DF): Ingredients: Tilapia, Basmati Rice, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce and Spices

Size: **Weight Loss** Protein: 25g Carbs: 35g Fats: 4g Calories: 259

Size: **Muscle Gain** Protein: 40g Carbs: 46g Fats: 6g Calories: 398

Size: **Low Carb (DF):** Protein: 34g Carbs: 12g Fats: 5g Calories: 229

Ingredients: Tilapia, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce and Spices

-Honey Mustard Chicken Bowl (GF/DF): Ingredients: Roasted Chicken Breast, Sweet Potato Mash, Seasoned Broccoli, Honey Mustard and Spices

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

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

Size: **Low Carb (DF/GF):** Protein: 31g Carbs: 15g Fat: 7g Calories: 247

Ingredients: Roasted Chicken Breast, Seasoned Broccoli, Honey Mustard and 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 Calories: 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 Calories: 434

-Buffalo Chicken Protein Pocket: Protein: 26g Carbs: 33g Fats: 7g Calories: 299

(Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour and Side of Ranch

Lean-N-Green

-Shrimp & Broccoli (GF/DF): Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce and Spices

Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Calories: 260

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

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

-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 Calories: 264

-Yum Yum Grilled Chicken (GF/DF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sauteed Onions, Spices and a side cup of Yum Yum Sauce

Size: Lean & Green Protein: 35g Carbs:16g Fat: 10g Calories: 294

Wraps

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

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

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

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

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

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

-Taco Turkey Wrap: Protein: 42g Carbs: 50g Fat: 20g Calories: 548

Ingredients: Ground Turkey, Tortilla, Salsa, Cheddar Cheese and Taco Seasoning

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

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

Snacks

-Halloween Protein Donut: Protein:24g Carbs:37g Fat:8g Calories:316

Ingredients: Sugar Free Cake Mix, Egg Whites, Whey Protein, Sugar Free Protein Icing, Coconut Oil, Food Coloring and Sprinkles

-Orange Dream Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, Orange Extract and Coconut Oil

-Pumpkin Cheesecake Protein Bar: Protein: 24g Carbs:34g Fats:8g Calories:304

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

-Double Chocolate Energy Bites (GF/DF): Protein: 15g Carbs: 34g Fats: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Chia Seeds, Whey Protein, Sugar Free White Chocolate Chips and Sugar Free Dark Chocolate Chips

-Salted Caramel Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Peanut Butter, Whey Protein, Sugar Free Caramel, Sugar Free Vanilla Flavoring and Salt

Vegetarian/Vegan Menu Entrée

-Ginger Glazed Tofu Bowl (DF): Protein: 15g Carbs: 45g Fats: 8g Calories: 312

Ingredients: Tofu, Basmati Rice, Mixed Vegetables, Garlic Ginger Soy Sauce and Spices

-Jerk Spiced Chickpea Bowl (DF/GF): Protein: 18g Carbs 47g Fats 4g Calories: 296

Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce and Spices

-Vegetarian Tacos: Protein: 22g Carbs: 49g Fat: 14g Calories: 392

Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortilla Wrap, Cilantro, Spinach and Spices

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

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, and Spices. (Side Spicy Ketchup)

Long Life Kids Meals

-Chicken Taco Melt w/ Sweet Corn: Protein: 16g Carbs: 32g Fat: 8g Calories: 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 Calories: 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