

## NEW WEEKLY MENU 10/29– 11/4 (Ship Date: 11/3)

### ***Breakfast***

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond milk

**-Ham & Cheese Omelet (GF):** Protein: 32g Carbs: 2g Fat: 18g Calories: 298

Ingredients: Egg Whites, Egg, Ham, Cheddar Cheese, Spices

**-Turkey Sausage Breakfast Wrap:** Protein: 40g Carbs: 47g Fat: 12g Calories: 452

Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese, Tortilla Wrap, 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***

**-Chicken Spaghetti Bowl:** Ingredients: Oven Roasted Chicken Breast, Pasta, Marinara, Spinach, Mozzarella Cheese, Parmesan Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 8g Calories: 330

size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 10g Calories: 450

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

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

**-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 Calories: 296

size: **Muscle Gain:** Protein: 45g Carbs: 40g Fat: 14g Calories: 482

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

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

**-Garlic Parm Chicken Bowl:** Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

size: **Weight Loss** Protein: 26g Carbs: 30g Fat: 6g Calories: 274

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 9g Calories: 421

size: **Low Carb/Keto Friendly (GF):** Protein: 32g Carbs: 12g Fat: 14g Calories: 302

Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese

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

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

size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 14g Calories: 486

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 13g Calories: 285

Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, Spices

**-Loaded Smash Potato Bowl (GF):** Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili

Seasoning, Spices. 1oz Side of Greek Yogurt

Size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 9g Calories: 309

Size: **Muscle Gain** Protein: 45g Carbs: 49g Fat: 12g Calories: 484

Size: **Low Carb** Protein: 38g Carbs: 14g Fat: 14g Calories: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices. 1oz Side of Greek Yogurt

**-Thai Peanut Bowl (GF/DF):** Ingredients: Chicken Breast, Mixed Vegetables, Basmati Rice, Peanut Butter, Sweet Chili Sauce, Spices

Size: **Weight Loss** Protein: 28g Carbs: 35g Fat: 8g Calories: 324

Size: **Muscle Gain** Protein: 45g Carbs: 50g Fat: 11g Calories: 479

Size: **Low Carb** Protein: 33g Carbs: 14g Fat: 18g Calories: 350

Ingredients: Chicken Breast, Mixed Vegetables, Peanut Butter, Sweet Chili 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 Calories: 494

**-Hibachi Grilled Skillet (DF):** Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Onion, Teriyaki Soy Sauce and Spices

Size: **Muscle Gain** Protein: 37g Carbs: 39g Fat: 10g Calories: 434

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

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

## ***Lean-N-Green***

**-Honey BBQ Glazed Salmon with Sauteed Green Beans (GF/DF):** Ingredients: Wild Caught Salmon, Green Beans, BBO Sauce, Honey, Spices  
Size: Lean & Green Protein: 36g Carbs: 12g Fat: 8g Calories: 264

**-Shrimp & Broccoli (GF/DF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers, Sweet Chili Sauce, Spices  
Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Calories: 260

**-Yum Yum Grilled Chicken Bowl (GF/DF):** Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sauteed Onions, Spices, Side of Yum Yum Sauce  
Size: Lean & Green Protein: 35g Carbs: 16g Fat: 10g Calories: 294

**-BBQ Shredded Beef Skillet (GF/DF):** Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices  
Size: Lean & Green Protein: 42g Carbs: 14g Fat: 16g Calories: 368

## ***Wraps***

**-Philly Cheese Wrap:** Protein: 25g Carbs: 35g Fat: 6g Calories: 294  
Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone, Mozzarella Cheese

**-Italian Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 12g Calories: 468  
Ingredients: Roasted Chicken, Tortilla Wrap, Marina Sauce, Mozzarella Cheese, Parmesan, Spices

**-Garlic Parm Chicken Wrap:** Protein: 41g Carbs: 50g Fat: 10g Calories: 454  
Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce, Spices

**-Thai Peanut Chicken Wrap (DF):** Protein: 38g Carbs: 52g Fat: 14g Calories: 486  
Ingredients: Shredded Chicken Breast, Whole Wheat Wrap, Shredded Carrots, Thai Peanut Sauce, Spices

**-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***

**-Cinna Roll Protein Donut:** Protein: 18g Carbs: 34g Fat: 12g Calories: 306  
Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Sugar Free Frosting, Cinnamon, Almond Milk, Splenda

**-Red Velvet Protein Poppers:** Protein: 24g Carbs: 17g Fat: 5g Calories: 205  
Ingredients: High Protein Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Red Velvet Flavoring, White Chocolate Chips, Cream Cheese Extract

**-Pumpkin Cheesecake Protein Bar:** Protein: 24g Carbs: 34g Fat: 8g Calories: 304  
Ingredients: Sugar Free Baking Mix, Egg, Whey Protein, Sugar Free Pudding, Pumpkin Pie Spice

**-Trail Mix Energy Bites (GF):** Protein: 15g Carbs: 42g Fat: 22g Calories: 418  
Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries, Raisins

**-Vanilla Peanut Butter Keto Fudge (GF):** Protein: 12g Carbs: 7g Fat: 28g Calories: 328  
Ingredients: Coconut Oil, Peanut Butter, Vanilla Whey Protein, Sugar Free Vanilla Flavoring

**-Low Carb Cherry Cheesecake:** Protein: 22g Carbs: 18g Fat: 5g Calories: 205  
Ingredients: Greek Yogurt, Cherries, Sugar Free Cheesecake Flavoring, Graham Cracker

## ***Vegetarian/Vegan Menu Entrée***

**-Philly Lentil Bowl (GF):** Protein: 20g Carbs: 48g Fat: 12g Calories: 380  
Ingredients: Lentils, Brown Rice, Green Bell Peppers, Onion, Mozzarella, Worcestershire Sauce, Spice

**-Garlic Parm Chickpea Bowl:** Protein: 14g Carbs: 57g Fat: 4g Calories: 320  
Ingredients: Chickpeas, Orzo, Broccoli, Garlic Parmesan Sauce, Parmesan, Spices

**-Hibachi Tofu Bowl (DF):** Protein: 25g Carbs: 26g Fat: 9g Calories: 285  
Ingredients: Extra Firm Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Soy Sauce, Spices

**-Veggie Loaded Smashed Potato Bowl (GF):** Protein: 16g Carbs: 50g Fat: 12g Calories: 372  
Ingredients: Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices, 1oz Side of Greek Yogurt

## ***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: 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