

NEW WEEKLY MENU 10/8– 10/14 (Ship Date: 10/14)

Breakfast

-Cranberry Orange Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Cranberry Orange Baking Mix, Cranberries, Orange Zest, Almond milk

-Double Cheese Omelet (GF): Protein: 28g Carbs: 4g Fat: 18g Cal: 290

Ingredients: Egg whites, Egg, Mozzarella Cheese, Cheddar Cheese, Spices

-Egg White, Cheese and Bacon Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Calories: 452

Ingredients: Egg Whites, Bacon, 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

-Lasagna Bowl: Ingredients: Ground Beef, Pasta, Mozzarella Cheese. Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 14g Cal: 374

size: **Muscle Gain** Protein: 48g Carbs: 42g Fat: 18g Cal: 490

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

Ingredients: Ground Beef, Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara Sauce, Spices

-Chipotle Grilled Chicken Bowl (GF) Ingredients: Grilled Chicken, Squash, Seasoned Rice, Chipotle Sauce, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 25g Fat: 11g Cal: 299

size: **Muscle Gain (DF)** Protein: 40g Carbs: 40g Fat: 16g Cal: 464

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fat: 12g Cal: 284

Ingredients: Grilled Chicken, Squash, Cheddar Cheese, Chipotle Sauce, Spices

-Chicken Bacon Ranch Bowl: Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 10g Cal: 314

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Cal: 466

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 10g Fat: 20g Cal: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

-Teriyaki Chicken Bowl (DF) Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

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/Keto Friendly (DF)** Protein: 31g Carbs: 15g Fat: 7g Cal: 247

Ingredients: Oven Roasted Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

-Southwest Turkey Bowl (GF) Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapenos, Lime

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** Protein: 34g Carbs: 15g Fat: 18g Cal: 318

Ingredients: Ground Turkey, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime, Cheddar Cheese

-Buffalo Chicken Bowl (GF) Ingredients: Shredded Chicken Breast, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices

Size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 5g Cal: 265

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 42g Fat: 8g Cal: 400

Size: **Low Carb** Protein: 35g Carbs: 10g Fat: 20g Cal: 380

Ingredients: Chicken Breast, Mixed Vegetables, Buffalo Sauce, Cheddar Cheese, 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

-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

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

Ingredients: Grilled Chicken, Tortilla Wrap, Cheddar Cheese, Chipotle Sauce, Spices

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

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

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

Ingredients: Ground Beef, Tortilla Wrap, Mozzarella Cheese, Parmesan Cheese, Marinara Sauce, Spices

-Chicken Bacon Ranch Wrap: Protein: 46g Carbs: 50g Fat: 20g Cal: 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning, Tortilla

-Southwest Turkey Wrap: Protein: 40g Carbs: 52g Fats: 14g Cal: 494

Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Cheddar Cheese

Snacks

-Birthday Cake Protein Donut: Protein: 22g Carbs: 23g Fat: 8g Cal: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Sprinkles

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

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

-Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk, White Chocolate Chip

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

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

-Cookie Dough Bites (GF/DF/Vegan): Protein: 15g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

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

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

Vegetarian/Vegan Menu Entrée

-Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Cal: 386

Ingredients: Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara Sauce, Spices

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

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce

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

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

-Buffalo Cauliflower Bites Bowl (GF/DF) Protein: 9g Carbs: 57g Fat: 5g Cal: 309

Ingredients: Cauliflower, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices, Side Cup of Ranch

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