

NEW WEEKLY MENU 11/5– 11/11 (Ship Date: 11/10)

Breakfast

- Apple Cinnamon Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Cal: 320
Ingredients: Apple Cinnamon Baking Mix, Protein Pancake Mix, Apple Sauce, Almond Milk, Cinnamon
- Chocolate Chip Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Cal: 320
Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk
- Turkey Sausage and Cheese Omelet (GF)** Protein: 32g Carbs: 2g Fat: 14g Cal: 280
Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar Cheese, Spices
- Egg White, Cheese and Bacon Breakfast Wrap:** Protein: 40g Carbs: 47g Fat: 12g Cal: 452
Ingredients: Egg Whites, Bacon, Cheddar Cheese, Tortilla Wrap, Spices
- Ham, Egg and Cheese Protein Pocket:** Protein: 24g Carbs: 31g Fat: 9g Cal: 301
(Macros Per Pocket) Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, 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

- Sweet & Spicy Meatball Bowl (GF)** Ingredients: Ground Beef, Potato Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet & Spicy Sauce
size: **Weight Loss** Protein: 25g Carbs: 31g Fat: 8g Cal: 296
size: **Muscle Gain** Protein: 40g Carbs: 46g Fat: 11g Cal: 443
size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 15g Fat: 10g Cal: 290
Ingredients: Ground Beef, Cauliflower Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet & Spicy Sauce
- Spinach & Cheese Stuffed Chicken Bowl:** Ingredients: Oven Roasted Chicken, Orzo, Green Beans, Spinach, Provolone Cheese, Spices
size: **Weight Loss:** Protein: 27g Carbs: 31g Fat: 7g Cal: 295
size: **Muscle Gain:** Protein: 41g Carbs: 42g Fat: 9g Cal: 413
size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 11g Fat: 8g Cal: 260
Ingredients: Oven Roasted Chicken, Green Beans, Spinach, Provolone Cheese, Spices
- Honey Sriracha Chicken Bowl (GF)** Ingredients: Shredded Chicken, Honey Sriracha Sauce, Brown Rice, Broccoli, Spices
size: **Weight Loss (DF)** Protein: 28g Carbs: 38g Fat: 3g Cal: 291
size: **Muscle Gain (DF)** Protein: 42g Carbs: 52g Fat: 5g Cal: 425
size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 14g Fat: 3g Cal: 211
Ingredients: Shredded Chicken, Honey Sriracha Sauce, Broccoli, Spices
- Chipotle 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
- Turkey Stir Fry Bowl (DF)** Ingredients: Ground Turkey, Ginger Seasoned Brown Rice, Stir Fry Sauce, Broccoli, Carrots, Peppers, Onions, Spices
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, Broccoli, Stir Fry Sauce, Carrots, Peppers, Onions, Spices
- 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 (GF)** Protein: 32g Carbs: 13g Fat: 14g Cal: 306
Ingredients: Ground Beef, Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara 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

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

Lean-N-Green (con't)

-Honey BBQ Glazed Salmon Bowl (GF/DF) Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, Spices
Protein: 36g Carbs: 12g Fat: 8g Cal: 264

-Yum Yum Grilled Chicken Bowl (GF/DF) Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sautéed Onions, Spices, Side of Yum Yum Sauce Size: Lean & Green Protein: 35g Carbs: 16g Fat: 10g Cal: 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 Cal: 368

Wraps

-Sweet & Spicy Meatball Wrap: Protein: 40g Carbs: 54g Fat: 20g Cal: 500

Ingredients: Ground Beef Meatballs, Mozzarella Cheese, Spinach and Herb Tortilla, Sweet and Spicy BBQ Sauce, Onion, Jalapeno

-Honey Sriracha Chicken Wrap: Protein: 42g Carbs: 52g Fat: 18g Cal: 538

Ingredients: Shredded Chicken Breast, Honey Sriracha Sauce, Mozzarella, Tortilla Wrap

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

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

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

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

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

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

Snacks

-Salted Caramel Protein Donut: Protein: 18g Carbs: 24g Fat: 12g Cal: 276

Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Egg Whites, Sugar Free Caramel Sauce, Splenda, Salt

-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

-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

-Oatmeal Raisin Protein Cookies (GF) 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

-White Chocolate Raspberry 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

Vegetarian/Vegan Menu Entrée

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

Ingredients: Extra Firm Tofu, Brown Rice, Broccoli, Carrots, Peppers, Onions, Stir Fry Sauce, Spices

-Sweet & Spicy Vegan Meatball Bowl (DF) Protein: 18g Carbs: 46g Fat: 8g Cal: 328

Ingredients: Black Beans, Oats, Bell Peppers, Cauliflower Mash, Mixed Vegetables, Sweet & Spicy Sauce

-Chipotle Chickpea Bowl (GF/DF) Protein: 19g Carbs: 59g Fat: 16g Cal: 456

Seasoned Chickpeas, Seasoned Basmati Rice, Seasoned Squash, Chipotle Sauce, Spices

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

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

-Mediterranean Hummus Wrap (DF) Protein: 22g Carbs: 65g Fat: 8g Cal: 420

Ingredients: Tomato Basil Tortilla Wrap, Hummus, Sun Dried Tomatoes, Roasted Red Peppers, Chickpeas, Spinach

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