

NEW WEEKLY MENU 11/12– 11/18 (Ship Date: 11/17)

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

-Western Breakfast Omelet (GF) Protein: 32g Carbs: 6g Fat: 14g Cal: 296

Ingredients: Egg whites, Egg, Bacon, Mozzarella Cheese, Onions, Bell Peppers, Spices

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

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

-Taco Beef Bowl (GF) Ingredients: Ground Beef, Brown Rice, Spinach, Salsa, Cheddar Cheese, Taco Seasoning, Fresh Cilantro

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

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

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 12g Fat: 20g Cal: 372

Ingredients: Ground Beef, Spinach, Salsa, Corn, Cheddar Cheese, Taco Seasoning, Fresh Cilantro

-BBQ Grilled Chicken with Roasted Red Potato Bowl (GF) Ingredients: Chicken Breast, Red Potato, Green Beans, BBQ Sauce, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 3g Cal: 255

size: **Muscle Gain (DF)** Protein: 40g Carbs: 52g Fat: 5g Cal: 413

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Chicken Breast, Green Beans, Cheddar, BBQ Sauce, Spices

-Chick-N-Biscuit Bowl: Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 5g Cal: 257

size: **Muscle Gain** Protein: 40g Carbs: 42g Fat: 8g Cal: 400

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 10g Fat: 5g Cal: 253

Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, 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** Protein: 31g Carbs: 15g Fat: 7g Cal: 247

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

-Pizza Bowl: Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella and Parmesan Cheese, Spinach, Italian Seasoning

Size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 15g Cal: 352

Size: **Muscle Gain** Protein: 45g Carbs: 46g Fat: 19g Cal: 535

Size: **Low Carb (GF)** Protein: 34g Carbs: 10g Fat: 20g Cal: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella and Parmesan Cheese, Italian Seasoning

-Kickin Cajun Bowl (GF) Ingredients: Shredded Chicken, Basmati Rice, Broccoli, Kickin Cajun Sauce

Size: **Weight Loss (DF)** Protein: 28g Carbs: 32g Fat: 3g Cal: 267

Size: **Muscle Gain (DF)** Protein: 42g Carbs: 48g Fat: 6g Cal: 414

Size: **Low Carb** Protein: 32g Carbs: 10g Fat: 8g Cal: 240

Ingredients: Shredded Chicken, Broccoli, Cheddar Cheese, Kickin Cajun 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

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

-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 Protein: 35g Carbs: 16g Fat: 10g Cal: 294

-Chimichurri Steak (GF/DF) Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots, Chimichurri Sauce

Protein: 42g Carbs: 13g Fat: 16g Cal: 343

Wraps

-Taco Beef Wrap: Protein: 42g Carbs: 50g Fat: 20g Cal: 548

Ingredients: Ground Beef, Salsa, Fresh Cilantro, Cheddar Cheese, Tortilla Wrap, Taco Seasoning

-BBQ Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fat: 16g Cal: 480

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

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

Ingredients: Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella and Parmesan Cheese

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

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce

-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

-Cookies & Cream Protein Donut: Protein: 24g Carbs: 28g Fat: 8g Cal: 280

Ingredients: Sugar free cake mix, Whey Protein, Egg Whites, Cookie, Coconut Oil

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

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

-Lemon Cake Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg, Lemon Extract, Keto White Chocolate Chips

-Almond Joyish Bites (GF) Protein: 15g Carbs: 34g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Oats, Chocolate Whey Protein, Coconut, Sliced Almonds, Chia Seeds

-Banana Crème Protein Pudding: Protein: 22g Carbs: 16g Fat: 8g Cal: 200

Ingredients: Greek Yogurt, Sugar Free Banana Pudding Mix, Vanilla Wafers

-Dark Chocolate Mint Keto Fudge (GF) Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Keto Mint Chocolate Chips

Vegetarian/Vegan Menu Entrée

-Stuffed Zucchini Boats (GF) Protein: 21g Carbs: 36g Fat: 11g Cal: 307

Ingredients: Zucchini, Chickpeas, Marinara Sauce, Spinach, Parmesan & Mozzarella Cheese, Garlic, Spices

-Roasted Veggie Skillet (GF/DF) Protein: 18g Carbs: 42g Fat: 6g Cal: 294

Ingredients: Roasted Red Potato, Onions, Peppers, Kale, Carrots, Mushroom, Spices

-Yum Yum Tofu Bowl (GF/DF) Protein: 25g Carbs: 26g Fat: 9g Cal: 285

Ingredients: Extra Firm Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Soy Sauce, Spices

-Vegan Meatball with Pasta Bowl: Protein: 25g Carbs: 26g Fat: 9g Cal: 285

Ingredients: Tri-Color Pasta, Black Beans, Oats, Bell Pepper, Spinach, Marinara, Spices

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