

NEW WEEKLY MENU 11/26– 12/2 (Ship Date: 12/1)

Breakfast

-Pumpkin Spice Protein Waffles: Protein: 22g Carbs: 38g Fat: 8g Calories: 304

Ingredients: Protein Waffle Mix, Pumpkin, Pumpkin Pie Spice

-Crustless Quiche (GF) Protein: 28g Carbs: 4g Fat: 19g Calories: 299

Ingredients: Eggs, Milk, Cheddar Cheese, Spinach, Parmesan Cheese, Mozzarella Cheese, Green Onions, Ham, 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

-Creamy Provolone Chicken Bowl: Ingredients: Chicken Breast, Provolone Cheese, Orzo, Kale, Cream Sauce, Mushrooms, Herb Breadcrumbs

size: **Weight Loss** Protein: 27g Carbs: 32g Fat: 12g Calories: 344

size: **Muscle Gain** Protein: 45g Carbs: 47g Fat: 16g Calories: 492

size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 14g Fat: 19g Calories: 371

Ingredients: Chicken Breast, Provolone Cheese, Mushrooms, Kale, Cream Sauce, Herb Breadcrumbs

-Cheeseburger Bowl (GF) Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup, 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** Protein: 36g Carbs: 10g Fat: 20g Calories: 364

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

-Mesquite Grilled Chicken Bowl (GF) Ingredients: Grilled Chicken Breast, Sweet Potatoes, Broccoli, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 27g Fat: 3g Calories: 235

size: **Muscle Gain (DF)** Protein: 40g Carbs: 40g Fat: 5g Calories: 365

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

Ingredients: Grilled Chicken Breast, Broccoli, Cheddar Cheese, Spices

-Cranberry, Feta and Spinach Stuffed Chicken Bowl: Ingredients: Chicken, Orzo, Green Beans, Spinach, Cranberries, Feta, Spices

size: **Weight Loss** Protein: 27g Carbs: 31g Fat: 5g Calories: 277

size: **Muscle Gain** Protein: 41g Carbs: 42g Fat: 7g Calories: 395

size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 15g Fat: 6g Calories: 258

Ingredients: Chicken, Green Beans, Spinach, Cranberries, Feta, Spices

-Italian Turkey with Ziti Bowl: Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesan, Spices

Size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Calories: 332

Size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Calories: 463

Size: **Low Carb (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 309

Ingredients: Ground Turkey, Zucchini, Mozzarella, Parmesan, Spices

-Ginger Glaze Tilapia Bowl (+\$1.00) (DF) Ingredients: Tilapia, Basmati Rice, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce, Spices

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

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

Size: **Low Carb** Protein: 34g Carbs: 12g Fat: 5g Calories: 229

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

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

-Pizza Protein Pocket: Ingredients: Ground Turkey, Greek Yogurt, Flour, Pepperoni, Marinara, Mozzarella, Parmesan Cheese, Spices

Protein: 22g Carbs: 50g Fat: 13g Calories: 405 (Macros Per Pocket)

Lean-N-Green

-Honey BBQ Glazed Salmon (GF/DF): Ingredients: Wild Caught Salmon, Green Beans, BBQ 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

-BBQ Shredded Beef Skillet (DF/GF): Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices

Protein: 42g Carbs: 14g Fat: 16g Calories: 368

-Yum Yum Grilled Chicken (GF/DF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sauteed Onions, Spices, Side of Yum

Yum Sauce Protein: 35g Carbs: 16g Fat: 10g Calories: 294

Wraps

-Italian Turkey Wrap: Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Ground Turkey, Mozzarella, Tortilla, Parmesan, Marinara Sauce, Spices

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

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

-Mesquite Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fat: 10g Calories: 426

Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap, 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

-Chocolate Chip Protein Poppers: Protein: 21g Carbs: 32g Fat: 10g Calories: 302

Ingredients: High Protein Baking Mix, Almond Milk, Coconut Oil, Eggs, Sugar Free Chocolate Chips, Whey Protein

-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/DF) 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

Vegetarian/Vegan Menu Entrée

-Italian Chickpea with Ziti: Protein: 16g Carbs: 50g Fat: 12g Calories: 374

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

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

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

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

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

-Hibachi Tofu Skillet Bowl (DF) Protein: 25g Carbs: 26g Fat: 9g Calories: 285

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

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