

NEW WEEKLY MENU 12/3– 12/9 (Ship Date: 12/8)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

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

Ingredients: Egg whites, Egg, Bacon, 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

-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 (GF)** Protein: 36g Carbs: 10g Fat: 20g Calories: 364

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

-BBQ Shredded Chicken with Bacon Mac Bowl: Ingredients: Shredded Chicken Breast, Pasta, Mixed veggies, Cheese Sauce, Bacon, BBQ Sauce, Spices

size: **Weight Loss:** Protein: 24g Carbs: 40g Fat: 10g Calories: 346

size: **Muscle Gain:** Protein: 40g Carbs: 52g Fat: 14g Calories: 494

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 16g Calories: 340

Ingredients: Shredded Chicken Breast, Bacon, Spices, Mixed Veggies, Cheese Sauce, BBQ Sauce

-Chicken Spaghetti Bowl: Ingredients: Oven Roasted Chicken Breast, Pasta, Marinara, Spinach, Mozzarella and 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

-Honey Garlic Turkey Bowl (DF) Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Calories: 274

size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Calories: 388

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground Turkey, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

-Sweet Chili Chicken Bowl (GF) Ingredients: Grilled Chicken, Basmati Rice, Seasoned Broccoli, Bell Peppers, Sweet Chili Sauce

Size: **Weight Loss (DF)** Protein: 25g Carbs: 35g Fat: 6g Calories: 294

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 43g Fat: 8g Calories: 404

Size: **Low Carb** Protein: 34g Carbs: 15g Fat: 18g Calories: 318

Ingredients: Grilled Chicken, Seasoned Broccoli, Bell Peppers, Mozzarella Cheese, Sweet Chili Sauce

-Enchilada Chicken with Salsa Verde Bowl: Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans, Jalapenos, Fresh Cilantro

Size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294

Size: **Muscle Gain** Protein: 30g Carbs: 43g Fat: 8g Calories: 364

Size: **Low Carb (GF)** Protein: 34g Carbs: 15g Fat: 12g Calories: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro, 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

-Chicken Bacon Ranch Protein Pocket: Ingredients: Shredded Chicken, Cheddar Cheese, Greek Yogurt, Bacon, Flour, Ranch Seasoning, Spices. Protein: 25g Carbs: 26g Fat: 9g Calories: 285 (Macros Per Pocket)

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 Calories: 260

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

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

-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 Calories: 294

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

Protein: 36g Carbs: 12g Fat: 8g Calories: 264

Wraps

-BBQ Shredded Chicken Wrap: Protein: 34g Carbs: 50g Fat: 16g Calories: 480

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

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

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

-Sweet Chili Chicken Wrap: Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Grilled Chicken Breast, Mozzarella, Cheese, Bell Peppers, Sweet Chili Sauce, Tortilla, 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

-Chocolate Peppermint & Crushed Oreo Protein Donut: Protein: 24g Carbs: 28g Fat: 8g Calories: 280

Ingredients: Sugar Free Cake Mix, Egg Whites, Whey Protein, Peppermint, Sugar Free Flavoring, Coconut Oil, Oreo Cookie

-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

-Gingerbread Protein Bar: Protein: 24g Carbs: 34g Fat: 8g Calories: 304

Ingredients: Sugar Free Baking Mix, Whey Protein, Gingerbread Mix, Eggs Sugar Free Frosting, Sugar Free Pudding, All Spice

-Chocolate Covered Stuffed Dates (GF/DF) All Natural Protein: 4g Carbs: 33g Fat: 9g Calories: 210

Ingredients: Dates, Peanut Butter, Almonds, Vegan Chocolate Chips, Coconut Oil, Stevia, Sea Salt (Macros Per 4 Dates)

-Cherry Chocolate Energy Bites (GF/DF) Protein: 25g Carbs: 24g Fat: 22g Calories: 394

Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

-Candy Bar Keto Fudge (GF) Protein: 15g Carbs: 9g Fat: 28g Calories: 348

Ingredients: Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring, Peanuts and Sugar Free Caramel

Vegetarian/Vegan Menu Entrée

-Honey Garlic Tofu (DF) Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Sautéed Onions, Bell Peppers, Honey Garlic Glaze

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

Ingredients: Chickpeas, Pasta, Marinara, Mozzarella, Spinach, Garlic, Spices

-Veggie Enchilada Wrap: Protein: 12g Carbs: 50g Fat: 15g Calories: 366

Ingredients: Black Beans, Corn, Tortilla Wrap, Cheddar Cheese, Fresh Cilantro, Tomato, Taco Seasoning

-Spicy Bean and Lentil Bowl (GF/DF) Protein: 16g Carbs: 64g Fat: 6g Calories: 360

Ingredients: Beans, Lentils, Sriracha, Onions, Brown Rice, Spinach, 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