

NEW WEEKLY MENU 12/24– 12/30 (Ship Date: 12/29)

Breakfast

-Red Velvet Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Almond Milk, Red Velvet Extract, Side of Sugar Free Protein Frosting

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

Ingredients: Egg Whites, Egg, Mozzarella Cheese, 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

-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 Calories: 299

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

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

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

-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 Calories: 265

size: **Muscle Gain (DF)** Protein: 40g Carbs: 42g Fat: 8g Calories: 400

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 10g Fat: 20g Calories: 380

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

-Jerk Chicken Bake Bowl (GF) Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fats: 6g Calories: 274

size: **Muscle Gain (DF)** Protein: 40g Carbs: 48g Fat: 9g Calories: 424

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 12g Fats: 18g Calories: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk 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 Calories: 314

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

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

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

-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:** Protein: 32g Carbs: 13g Fat: 9g Calories: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

-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

-Philly Cheese Protein Pocket: (Macros Per Pocket) Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, Seasonings

Protein: 23g Carbs: 49g Fat: 13g Calories: 405

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

- Yum Yum Grilled Chicken Bowl (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

- 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

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

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

-Jerk Chicken Wrap: Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap, Spices

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

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

-Happy New Year's Protein Donut: Protein: 24g Carbs: 27g Fat: 5g Calories: 245

Ingredients: Sugar Free Cake Mix, Egg Whites, Sugar Free Protein Frosting, Candy Pearls, Sprinkles, 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

-Apple Pie Protein Bar: Protein: 20g Carbs: 40g Fat: 8g Calories: 312

Ingredients: Apple Cinnamon Baking Mix, Apples, Whey Protein, Egg, Spices

-Turtle Protein Cheesecake (GF) Protein: 25g Carbs: 32g Fat: 9g Calories: 309

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Whey Protein, Coconut Oil, Pecans, Chocolate Chips, Sugar Free Caramel

-White Chocolate Raspberry Energy Bites (GF) Protein: 15g Carbs: 34g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds and Sugar Free Jello

Vegetarian/Vegan Menu Entrée

-Jerk Spiced Chickpea Bowl (GF/DF) Protein: 18g Carbs: 47g Fat: 4g Calories: 296

Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce, Spices

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

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

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

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

-Chick Pea Spaghetti Bowl: Protein: 16g Carbs: 50g Fat: 12g Calories: 374

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