

NEW WEEKLY MENU 12/31– 1/6 (Ship Date: 1/5)

Breakfast

-Banana Nut Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Banana Nut Baking Mix, Almond Milk, Cinnamon, Walnuts

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

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

-Ham, Egg and Cheese Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Calories: 452

Ingredients: Egg Whites, Ham, 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** Protein: 36g Carbs: 10g Fat: 20g Calories: 364

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

-Chipotle Chicken Bowl (GF) Ingredients: Grilled Chicken, Squash, Seasoned Rice, Chipotle Sauce, Spices

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 9g Calories: 309

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

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fat: 12g Calories: 284

Ingredients: Grilled Chicken, Squash, Chipotle Sauce, Spices, Cheddar Cheese

-Loaded Smashed Potao Bowl (GF) Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili

Seasoning, Spices, Side of Greek Yogurt

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 9g Calories: 309

size: **Muscle Gain** Protein: 45g Carbs: 49g Fat: 12g Calories: 484

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 14g Fat: 14g Calories: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices, Side of Greek Yogurt

-Thai Peanut Chicken Bowl (GF/DF) Ingredients: Chicken Breast, Mixed Vegetables, Basmati Rice, Peanut Butter, Sweet Chili Sauce, Spices

size: **Weight Loss** Protein: 28g Carbs: 35g Fat: 8g Calories: 324

size: **Muscle Gain** Protein: 45g Carbs: 50g Fat: 11g Calories: 479

size: **Low Carb/Keto Friendly** Protein: 33g Carbs: 14g Fat: 18g Calories: 350

Ingredients: Chicken Breast, Mixed Vegetables, Peanut Butter, Sweet Chili Sauce, Spices

-Chicken Alfredo Bowl: Ingredients: Oven Roasted Chicken, Noodles, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

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 (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306

Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

-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

-Taco Beef Protein Pocket: (Macros Per Pocket) Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco 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

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

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

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

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

-Thai Peanut Chicken Wrap (DF) Protein: 38g Carbs: 52g Fat: 14g Calories: 486

Ingredients: Shredded Chicken Breast, Whole Wheat Wrap, Shredded Carrots, Thai Peanut Sauce, 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

-Coconut Key Lime Protein Donut: Protein: 22g Carbs: 23g Fat: 10g Calories: 270

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Key Lime Extract, Sugar Free Lime Jello, Coconut, Keto White Chocolate Chips

-Strawberry Shortcake Protein Poppers: Protein: 24g Carbs: 21g Fat: 5g Calories: 217

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Sugar Free Jello, Strawberry Extract

-Chocolate Chip Protein Bar: Protein: 23g Carbs: 35g Fat: 12g Calories: 340

Ingredients: High Protein Whole Grain Baking Mix, Almond Milk, Coconut Oil, Eggs, Chocolate Chips, Whey Protein

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

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

-Trail Mix Energy Bites (GF) 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

-Holiday Peppermint Protein Bark (GF) Protein: 14g Carbs: 20g Fat: 30g Calories: 406

Ingredients: Organic Coconut Oil, Whey Protein, White Chocolate Chips, Sugar Free Flavoring, Peppermints

Vegetarian/Vegan Menu Entrée

-Veggie Loaded Smash Bowl (GF) Protein: 16g Carbs: 50g Fat: 12g Calories: 372

Ingredients: Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices Side of Greek Yogurt

-Thai Peanut Tofu (GF/DF) Protein: 15g Carbs: 45g Fat: 10g Calories: 330

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Thai Peanut Sauce, Spices

-Chickpea Alfredo: Protein: 16g Carbs: 51g Fat: 12g Calories: 378

Ingredients: Pasta, Seasoned Chickpeas, Broccoli, Alfredo Sauce, Parmesan

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

Seasoned Chickpeas, Seasoned Basmati Rice, Sauteed Squash, Chipotle 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: 11g Calories: 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