

NEW WEEKLY MENU 12/17– 12/23 (Ship Date: 12/22)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

-Turkey Sausage & Cheese Breakfast Omelet (GF) Protein: 32g Carbs: 2g Fat: 14g Calories: 280

Ingredients: Egg Whites, Egg, Turkey Sausage, Cheddar Cheese, Spices

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

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

-Korean Beef Bowl (DF) Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds, Korean Sauce

size: **Weight Loss** Protein: 25g Carbs: 36g Fat: 9g Calories: 325

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 14g Calories: 478

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 12g Fat: 10g Calories: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce, Sesame Seeds

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

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

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

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

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

-Cheesy Chicken Bake Bowl (GF) Ingredients: Seasoned Shredded Chicken, Basmati Rice, Broccoli, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 32g Fat: 11g Calories: 339

size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 14g Calories: 486

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 13g Calories: 285

Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, 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 Calories: 277

size: **Muscle Gain** Protein: 40g Carbs: 44g Fat: 8g Calories: 408

size: **Low Carb/Keto Friendly** Protein: 31g Carbs: 15g Fat: 7g Calories: 247

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

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

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

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

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

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

-Ginger Glazed 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 Fats: 6g Calories: 398

Size: **Low Carb** Protein: 34g Carbs: 12g Fats: 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

-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

-Steak -N-Greens Bowl (GF/DF) Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices

Protein: 35g Carbs: 12g Fat: 12g Calories: 296

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

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

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

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

-General Tso Chicken Wrap (DF) Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Ingredients: Oven Roasted Chicken, Whole Wheat Tortilla Wrap, Shredded Carrots, General Tso Sauce

-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

-Holiday Protein Donut: Protein: 24g Carbs: 37g Fat: 8g Calories: 312

Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Food Coloring, White Chocolate Chips, Sprinkles

-Double Chocolate Protein Poppers: Protein: 22g Carbs: 22g Fat: 5g Calories: 221

Ingredients: Sugar Free Baking Mix, Whey Protein, Eggs, Coconut Oil, Chocolate Chips, Sugar Free Pudding Mix

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

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

-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

-Buffalo Cauliflower Bites (GF/DF) Protein: 9g Carbs: 57g Fat: 5g Calories: 309

Ingredients: Cauliflower, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices, Side of Ranch

-Black Bean Burger with Roasted Red Potatoes (DF) Protein: 16g Carbs: 55g Fat: 3g Calories: 311

Ingredients: Black Bean, Bell Pepper, Potato, Sweet Chili Sauce, Garlic, Oatmeal, Spices, Side of Spicy Ketchup

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

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Veggies, Soy Sauce, Teriyaki Sauce

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

Ingredients: Tofu, Basmati Rice, Mixed Vegetables, Garlic Ginger 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