

NEW WEEKLY MENU 1/21– 1/27 (Ship Date: 1/26)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

-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 Curry Bowl (GF) Ingredients: Oven Roasted Chicken, Basmati Rice, Broccoli, Bell peppers, Onions, Creamy Curry Sauce

size: **Weight Loss** Protein: 27g Carbs: 30g Fats: 8g Calories: 300

size: **Muscle Gain** Protein: 41g Carbs: 44g Fats: 10g Calories: 430

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 11g Fats: 9g Calories: 261

Ingredients: Oven Roasted Chicken, Broccoli, Bell peppers, Onions, Creamy Curry Sauce

-Lasagna Bowl: Ingredients: Ground Beef, Pasta, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Spices

size: **Weight Loss:** Protein: 28g Carbs: 34g Fat: 14g Calories: 374

size: **Muscle Gain:** Protein: 48g Carbs: 42g Fat: 18g Calories: 490

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306

Ingredients: Ground Beef, Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara Sauce, Spices

-Southwest Turkey Bowl (GF) Ingredients: Ground Turkey, Brown rice, Black Beans, Corn, Lime, Tomatoes, Green Onions, Cilantro, Jalapeños, Seasoning

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/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 18g Calories: 318

Ingredients: Ground Turkey, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeños, Lime, Cheddar Cheese

-Garlic Parm Chicken Bowl: Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

size: **Weight Loss** Protein: 26g Carbs: 30g Fat: 6g Calories: 274

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 9g Calories: 421

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 14g Calories: 302

Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese

-Chick-N-Biscuit Bowl: Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

Size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 5g Calories: 257

Size: **Muscle Gain** Protein: 40g Carbs: 42g Fat: 8g Calories: 400

Size: **Low Carb (GF)** Protein: 32g Carbs: 10g Fat: 5g Calories: 253

Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices

-Bourbon Chicken Bowl (GF) Ingredients: Grilled Chicken, Seasoned Basmati Rice, Broccoli, Bourbon Sauce

size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 8g Calories: 300

size: **Muscle Gain (DF)** Protein: 40g Carbs: 45g Fat: 10g Calories: 430

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 14g Fat: 9g Calories: 289

Ingredients: Grilled Chicken, Broccoli, Cheddar Cheese, Bourbon Sauce

-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

-Buffalo Chicken Protein Pocket: (Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch

Protein: 26g Carbs: 33g Fat: 7g Calories: 299

Lean-N-Green

-Shrimp & Broccoli (GF/DF) Ingredients: Shrimp, Broccoli, Red Bell Peppers, Sweet Chili Sauce and 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 and a side cup of Yum Yum Sauce Protein: 35g Carbs:16g Fat: 10g Calories: 294

-Chimichurri Steak Bowl (GF/DF) Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots and Chimichurri Sauce

Protein: 42g Carbs: 13g Fat: 16g Calories:343

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

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

Wraps

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

Ingredients: Ground beef, Tortilla Wrap, Mozzarella and Parmesan Cheese, Marinara Sauce, Spices

-Southwest Turkey Wrap: Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeños, Cheddar Cheese

-Garlic Parm Chicken Wrap: Protein: 41g Carbs: 50g Fat: 10g Calories: 454

Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce, Spices

-Bourbon Chicken Wrap: Protein: 34g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Grilled Chicken, Cheddar Cheese, Tortilla Wrap, Bourbon Sauce

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

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

Snacks

-Birthday Cake Protein Donut: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Sprinkles

-Orange Dream Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

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

-Double Fudge Protein Brownie: Protein: 24g Carbs:36g Fat:14g Calories: 366

Ingredients: Sugar Free Baking Mix, Sugar Free Protein Frosting, Egg, Whey Protein Powder, Sugar Free Chocolate Chips

-Low Carb Cherry Cheesecake: Protein: 22g Carbs: 18g Fat: 5g Calories: 205

Ingredients: Greek Yogurt, Cherries, Sugar Free Cheesecake Flavoring, Graham Cracker

-Salted Caramel Keto Fudge (GF) Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Peanut Butter, Whey Protein, Sugar Free Caramel, Sugar Free Vanilla Flavoring, Salt

-Trail Mix Energy Bites (GF) Protein: 15g Carbs: 2g Fat: 22g Calories: 418

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries, Raisins

Vegetarian/Vegan Menu Entrée

-Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Calories: 386

Ingredients: Pasta, Mozzarella Cheese, Zucchini, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Spices

-Garlic Parm Chickpea (GF) Protein: 14g Cabs: 57g Fat: 4g Calories: 320

Ingredients: Chickpeas, Orzo, Green Beans, Garlic Parmesan Sauce, Parmesan, Spices

-Cilantro Lime Veggie Burritos: Protein: 21g Carbs: 46g Fat: 11g Calories: 347

Ingredients: Black Beans, Corn, Salsa, Tortilla and Cilantro Lime Sauce

-Hibachi Tofu 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

