

NEW WEEKLY MENU 1/14– 1/20 (Ship Date: 1/19)

Breakfast

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

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries

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

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

-Double Cheese Breakfast Wrap: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella 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

-Sloppy Joe Bowl (GF) Ingredients: Ground Beef, Garlic Mash, Sloppy Joe Sauce, Green Beans, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 8g Calories: 292

size: **Muscle Gain (DF)** Protein: 40g Carbs: 45g Fat: 11g Calories: 439

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 11g Fat: 14g Calories: 347

Ingredients: Ground Beef, Green Beans, Cheddar Cheese, Sloppy Joe Sauce, Spices

-Fajita Grilled Chicken Bowl (GF) Ingredients: Grilled Chicken, Basmati Rice, Sautéed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

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

size: **Muscle Gain:** Protein: 42g Carbs: 40g Fat: 10g Calories: 418

size: **Low Carb/Keto Friendly** Protein: 9g Carbs: 39g Fat: 12g Calories: 300

Ingredients: Grilled Chicken, Cauliflower Rice, Sautéed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

-Creamy Tuscan Chicken Bowl: Ingredients: Oven Roasted Chicken Breast, Orzo, Green Beans, Sun Dried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 9g Calories: 301

size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 12g Calories: 432

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 11g Calories: 275

Ingredients: Oven Roasted Chicken Breast, Green Beans, Sun Dried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

-Italian Turkey with Ziti Bowl: Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Parmesan Spices

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Calories: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Calories: 463

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

Ingredients: Ground Turkey, Zucchini, Mozzarella, Parmesan, Spices

-Ginger Glazed Tilapia Bowl (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 Fat: 6g Calories: 398

Size: **Low Carb** Protein: 34g Carbs: 12g Fat: 5g Calories: 229

Ingredients: Tilapia, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce, Spices

-Honey Sriracha Chicken Bowl (GF/DF) Ingredients: Shredded Chicken, Honey Sriracha Sauce, Brown Rice, Broccoli and Spices

size: **Weight Loss** Protein: 28g Carbs: 38g Fat: 3g Calories: 291

size: **Muscle Gain** Protein: 42g Carbs: 52g Fat: 5g Calories: 425

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 14g Fat: 3g Calories: 211

Ingredients: Shredded Chicken, Honey Sriracha Sauce, Broccoli, 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

-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, 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

-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

-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

-Fajita Grilled Chicken Wrap: Protein: 40g Carbs: 50g Fat: 12g Calories: 486

Ingredients: Grilled Chicken Breast, Bell Peppers, Onion, Mozzarella, Cilantro, Tortilla Wrap, Spices

-Honey Sriracha Chicken Wrap: Protein: 38g Carbs: 58g Fat: 8g Calories: 456

Ingredients: Shredded Chicken Breast, Honey Sriracha Sauce, Mozzarella, Tortilla Wrap

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

Ingredients: Ground Turkey, Mozzarella, Tortilla, Parmesan, Marinara Sauce, Spices

-Beef Mexi Melt Wrap: Protein: 42g Carbs: 50g Fat: 20g Calories: 486

Ingredients: Ground Beef, Cheddar, Tortilla Wrap, Salsa, Black Beans, Taco Seasoning

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

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

Snacks

-Cookies & Cream Protein Donut: Protein: 24g Carbs: 28g Fat: 8g Calories: 280

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg whites, Cookie, Coconut Oil

-Lemon Cake Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

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

-Banana Nut Protein Bar with Caramel Drizzle: Protein: 18g Carbs: 29g Fat: 12g Calories: 296

Ingredients: Banana Nut Protein Baking Mix, Eggs, Almond Milk, Whey Protein, Sugar Free Caramel Sauce

-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, Sugar Free Jello

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

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

Vegetarian/Vegan Menu Entrée

-Vegan Fajita Bowl (GF/DF) Protein: 12g Carbs: 50g Fat: 5g Calories: 293

Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers, Fajita Seasoning

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

Ingredients: Tofu, Basmati Rice, Mixed Vegetables, Garlic Ginger Soy Sauce, Spices

-Creamy Tuscan Chickpea: Protein: 18g Carbs: 51g Fat: 14g Calories: 402

Ingredients: Oven Roasted Chickpea, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

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

Ingredients: Chickpeas, Ziti, 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: 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