

NEW WEEKLY MENU 2/18– 2/24 (Ship Date: 2/23)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips Almond Milk

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

Ingredients: Egg whites, Egg, Mozzarella and 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

-Ham, Egg and Cheese Protein Pocket: Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, Spices

Protein: 24g Carbs: 31 Fat: 9g Calories: 301 (Macros Per Pocket)

-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

-Loaded Smash Potato 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

-Italian Chicken with Cheese Tortellini Bowl: Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 8g Calories: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 10g Calories: 454

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 9g Calories: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

-Mesquite Grilled Chicken with Sweet Potato Bowl (GF) Ingredients: Grilled Chicken Breast, Sweet Potatoes, Broccoli and Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 27g Fat: 3g Calories: 235

size: **Muscle Gain (DF)** Protein: 40g Carbs: 40g Fat: 5g Calories: 365

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

Ingredients: Grilled Chicken Breast, Broccoli, Cheddar Cheese, Spices

-Thai Peanut Chicken Bowl (DF/GF) Ingredients: Shredded Chicken, Broccoli, 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** Protein: 33g Carbs: 14g Fat: 18g Calories: 350

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

-Honey Sriracha Chicken Bowl (DF) Ingredients: Shredded Chicken, Brown Rice, Mixed Vegetables, Honey Sriracha Sauce, 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, Broccoli, Honey Sriracha 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

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, Sautéed 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

-Cheeseburger Wrap: Protein: 40g Carbs: 48g Fat: 18g Calories: 514

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

-Mesquite Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fat: 10g Calories: 426

Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap, Spices

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

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

-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

-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

Snacks

-Very Vanilla Protein Donut: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Vanilla Flavoring, Sugar Free Vanilla Protein Frosting

-Orange Dream Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, 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

-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

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

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

Vegetarian/Vegan Menu Entrée

-Thai Peanut Tofu Bowl (GF/DF) Protein: 15g Carbs: 25g Fat: 10g Calories: 330

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

-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

-Italian Chickpea Tortellini Bowl: Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Chickpeas, Cheese Tortellini, Marinara, Mozzarella, Spinach, Garlic, 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, Spices (Side Spicy Ketchup)

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 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

