

**NEW WEEKLY MENU 3/ 4– 3/10 (Ship Date: 3/ 9)**

***Breakfast***

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

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

**-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

**-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***

**-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 Carb: 15g Fat: 7g Calories: 247

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

**-Chicken Bacon Ranch Bowl:** Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese,

Spices

size: **Weight Loss:** Protein: 28g Carbs: 28g Fat: 10g Calories: 314

size: **Muscle Gain:** Protein: 45g Carbs: 40g Fat: 14g Calories: 466

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 10g Fat: 20g Calories: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

**-Jerk Chicken Bowl (GF)** Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 6g Calories: 274

size: **Muscle Gain (DF)** Protein: 40g Carbs: 48g Fat: 9g Calories: 424

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 12g Fat: 18g Calories: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Spices

**-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

**-Turkey Stir Fry Bowl (DF)** Ingredients: Ground Turkey, Ginger Seasoned Brown Rice, Stir Fry Sauce, Broccoli, Carrots, Peppers, Onions,

Spices

Size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Calories: 274

Size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Calories: 388

Size: **Low Carb** Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground Turkey, Broccoli, Stir Fry Sauce, Carrots, Peppers, Onions, 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/Keto Friendly** Protein: 34g Carbs: 12g Fat: 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

**-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

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

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

## ***Wraps***

**-Chicken Bacon Ranch Wrap:** Protein: 46g Carbs: 50g Fat: 20g Calories: 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning, Tortilla

**-Jerk Grilled Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Calories: 486

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap, Spices

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

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

**-BBQ Turkey Wrap:** Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Ground Turkey, Cheddar Cheese, BBQ Sauce, Tortilla Wrap

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

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

## ***Snacks***

**-Orange Dreamsicle Protein Donut:** Protein: 25g Carbs: 22g Fat: 5g Calories: 229

Ingredients: Sugar Free Cake Mix, Vanilla Whey Protein, Egg Whites, Sugar Free Orange Jello, Sugar Free Chocolate Chips, Orange Extract, Coconut Oil

**-Red Velvet Protein Poppers:** Protein: 24g Carbs: 17g Fat: 5g Calories: 205

Ingredients: High Protein Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Red Velvet Flavoring, White Chocolate Chips, Cream Cheese Extract

**-Banana Nut Protein Bar:** Protein: 18g Carbs: 29g Fat: 12g Calories: 296

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

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

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

**-Low Carb Cherry Cheesecake** Protein: 26g Carbs: 12g Fat: 8g Calories: 224

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavor, Sugar Free Lemon Flavoring, Graham Cracker

## ***Vegetarian/Vegan Menu Entrée***

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

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

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

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

**-Jerk Spiced Chickpea Bowl (GF)** Protein: 18g Carbs: 47g Fats: 4g Calories: 296

Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce, Spices

**-Cauliflower Nuggets with Home Fries (GF/DF)** Protein: 10g Carbs: 59g Fat: 6g Calories: 330

Ingredients: Cauliflower, Potatoes, Green Beans, Corn Starch, 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