

NEW WEEKLY MENU 3/11– 3/17 (Ship Date: 3/16)

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 Cheese, 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

-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

-Chipotle Chicken Bowl (GF) Ingredients: Grilled Chicken, Squash, Seasoned Rice, Chipotle Sauce, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 25g Fat: 11g Calories: 299

size: **Muscle Gain (DF)** Protein: 40g Carbs: 40g Fat: 16g Calories: 464

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fat: 12g Calories: 284

Ingredients: Grilled Chicken, Squash, Chipotle Sauce, Cheddar Cheese, Spices

-Turkey Meatball Bowl (GF/DF) Ingredients: Ground Turkey Meatballs, Spaghetti Noodles, Marinara Sauce, Spinach, Parmesan Cheese, Spices

size: **Weight Loss:** Protein: 28g Carbs: 34g Fat: 8g Calories: 330

size: **Muscle Gain:** Protein: 42g Carbs: 48g Fat: 10g Calories: 450

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

Ingredients: Ground Turkey Meatballs, Zucchini, Marinara Sauce, Mozzarella and Parmesan Cheese, Spices

-Tikka Masala Bowl (GF/DF) Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

size: **Weight Loss** Protein: 27g Carbs: 30g Fat: 4g Calories: 322

size: **Muscle Gain** Protein: 41g Carbs: 44g Fat: 6g Calories: 394

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 11g Fat: 5g Calories: 225

Ingredients: Oven Roasted Chicken Breast, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

-Beef Stroganoff Bowl: Ingredients: Ground Beef, Orzo, Green Beans, Creamy Mushroom Sauce, Garlic, Spices

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 (GF)** Protein: 34g Carbs: 12g Fat: 10g Calories: 322

Ingredients: Ground Beef, Green Beans, Creamy Mushroom Sauce, Garlic, Spices

-Buffalo Chicken Mac & Cheese Bowl: Ingredients: Shredded Chicken, Pasta, Mixed Vegetables, Cheese Sauce, Buffalo Sauce, Spices, Side of Ranch

Size: **Weight Loss** Protein: 24g Carbs: 40g Fat: 10g Calories: 346

Size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Size: **Low Carb (GF)** Protein: 35g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Shredded Chicken, Mixed Vegetables, Buffalo Sauce, Cheddar Cheese, Spices

-Southwest Turkey Bowl (GF) Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime

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** Protein: 34g Carbs: 15g Fat: 18g Calories: 318

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

-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

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-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

-Chicken, Bacon and Ranch Protein Pocket: Ingredients: Shredded Chicken, Cheddar Cheese, Greek Yogurt, Bacon, Flour, Ranch

Seasoning, Spices

Protein: 25g Carbs: 26g Fat: 9g Calories: 285 (Macros Per Pocket)

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

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

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

-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

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

Ingredients: Grilled Chicken, Tortilla Wrap, Cheddar Cheese, Chipotle Sauce, Spices

-BBQ Beef Wrap: Protein: 42g Carbs: 48g Fat: 16g Calories: 504

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

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

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

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

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

Snacks

-Coconut Key Lime Protein Donut: Protein: 22g Carbs: 23g Fat: 10g Calories: 270

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Key Lime Extract, Sugar Free Lime Jello, Coconut, Keto White Chocolate Chips

-Strawberry Lemonade Protein Poppers: Protein: 24g Carbs: 21g Fat: 5g Calories: 217

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

-Cinnamon Swirl Protein Bar: Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Egg, Almond Milk, Splenda

-Blueberry White Chocolate Energy Bites (GF) Protein: 15g Carbs: 42g Fat: 22g Calories: 418

Ingredients: Peanut Butter, Dried Blueberries, Keto White Chocolate Chips, Whey Protein, Chia Seeds, Sliced Almonds, Walnuts, Vanilla Flavoring

-Candy Bar Keto Fudge (GF) Protein: 15g Carbs: 9g Fat: 28g Calories: 348

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

Vegetarian/Vegan Menu Entrée

-Veggie Tikka Masala Bowl (GF/DF) Protein: 18g Carbs: 42g Fat: 6g Calories: 294

Ingredients: Chickpeas, Basmati Rice, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

-Yum Yum Tofu Bowl (DF) Protein: 25g Carbs: 26g Fat: 11g Calories: 303

Ingredients: Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Spices, Side of Yum Yum Sauce

-Black Bean Burger with Sweet Potato Mash Bowl (GF/DF) Protein: 16g Carbs: 55g Fat: 3g Calories: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices. (Side Spicy Ketchup)

-Chipotle Chickpea Bowl (GF/DF) Protein: 19g Carbs: 59g Fat: 16g Calories: 456

Ingredients: Seasoned Chickpeas, Seasoned Basmati Rice, Bell Pepper, Squash, Chipotle 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: 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