

NEW WEEKLY MENU 3/18– 3/24 (Ship Date: 3/23)

Breakfast

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

Ingredients: Protein Pancake Mix, Almond Milk, Red Velvet Extract, Side Cup of Sugar Free Protein Frosting

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

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

-Bacon and Cheese Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Calories: 452

Ingredients: Egg Whites, Bacon, 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

-Shepherd's Pie Bowl (GF) Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 25g Carbs: 33g Fat: 12g Calories: 340

size: **Muscle Gain** Protein: 39g Carbs: 46g Fat: 14g Calories: 472

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 16g Fat: 13g Calories: 321

Ingredients: Lean Ground Beef, Cauliflower Mash, Mixed Vegetables, Cheddar Cheese, Spices

-Bourbon Grilled 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

-Taco Turkey Bowl (GF) Ingredients: Ground Turkey, Seasoned Brown Rice, Spinach, Cheddar, Taco Seasoning, Salsa

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

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

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 12g Fat: 20g Calories: 372

Ingredients: Ground Turkey, Corn, Spinach, Cheddar Cheese, Taco Seasoning, Salsa

-Creamy Tuscan Chicken Bowl (GF) 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

-Cheesy Chicken Bake Bowl (GF) Ingredients: Seasoned Shredded Chicken, Basmati Rice, Broccoli, Cheddar Cheese, Spices

Size: **Weight Loss** Protein: 28g Carbs: 32g Fat: 11g Calories: 339

Size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 14g Calories: 486

Size: **Low Carb (GF)** Protein: 32g Carbs: 10g Fat: 13g Calories: 285

Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, Spices

-Italian Turkey with Ziti Bowl: Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, 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: 211

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

-Chicken Bacon 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

-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

-Steak -N- Greens Bowl (GF/DF) Ingredients: Grilled Lean Steak, Green Beans, Sautéed Onions, Sliced Almonds, Spices

Protein: 35g Carbs: 12g Fat: 12g Calories: 296

-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

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

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

-Taco Turkey Wrap: Protein: 42g Carbs: 50g Fat: 20g Calories: 548

Ingredients: Ground Turkey, Tortilla, Salsa, Cheddar Cheese, Taco Seasoning

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

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

-Sweet & Spicy Beef Wrap Protein: 40g Carbs: 54g Fat: 20g Calories: 500

Ingredients: Ground Beef, Mozzarella Cheese, Spinach and Herb Tortilla Wrap, BBQ Sauce, Cayenne Pepper

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

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

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

-Strawberry Shortcake Bar: Protein: 24g Carbs: 24g Fat: 8g Calories: 264

Ingredients: Sugar Free Baking Mix, Sugar Free Protein Frosting, Egg Whites, Whey Protein, Sugar Free Strawberry Flavoring, Graham Cracker Crumble

-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, Graham Cracker

Vegetarian/Vegan Menu Entrée

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

Ingredients: Chickpeas, Ziti Pasta, Marinara, Mozzarella, Spinach, Garlic, Spices

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

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

-Lentil Shepherd's Pie Bowl (GF) Protein: 26g Carbs: 39g Fat: 14g Calories: 386

Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

-Teriyaki Tofu (GF/DF) Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Broccoli, Soy Sauce, Teriyaki Sauce

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