

**NEW WEEKLY MENU 4/1– 4/7 (Ship Date: 4/6)**

***Breakfast***

- Blueberry Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Calories: 320  
Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries
- Western Breakfast Omelet (GF)** Protein: 32g Carbs: 6g Fat: 14g Calories: 296  
Ingredients: Egg whites, Egg, Bacon, Mozzarella Cheese, Onions, Bell Peppers, 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***

- Chicken-N-Biscuit Bowl:** Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices  
size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 5g Calories: 257  
size: **Muscle Gain** Protein: 40g Carbs: 42g Fat: 8g Calories: 400  
size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 10g Fat: 5g Calories: 253  
Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices
- Garlic Parm Chicken Bowl:** Ingredients: Grilled Chicken Breast, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices  
size: **Weight Loss:** Protein: 26g Carbs: 30g Fats: 6g Calories: 274  
size: **Muscle Gain:** Protein: 40g Carbs: 45g Fat: 9g Calories: 421  
size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 14g Calories: 302  
Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese
- Taco Beef Bowl (GF)** Ingredients: Ground Beef, Brown Rice, Spinach, Salsa, Cheddar Cheese, Taco Seasoning, Fresh Cilantro  
size: **Weight Loss** Protein: 25g Carbs: 25g Fat: 11g Calories: 299  
size: **Muscle Gain** Protein: 40g Carbs: 40 Fat: 16g Calories: 464  
size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 12g Fat: 20g Calories: 372  
Ingredients: Ground Beef, Spinach, Salsa, Corn, Cheddar Cheese, Taco Seasoning, Fresh Cilantro
- Honey Garlic Turkey Bowl (DF)** Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze  
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/Keto Friendly** Protein: 32g Carbs: 11g Fat: 7g Calories: 271  
Ingredients: Ground Turkey, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze
- Chicken Alfredo Bowl:** Ingredients: Oven Roasted Chicken, Noodles, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper  
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 (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306  
Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper
- Chicken Enchilada Bowl (GF)** Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans, Jalapenos, Fresh Cilantro  
size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294  
size: **Muscle Gain** Protein: 30g Carbs: 43 Fat: 8g Calories: 364  
size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 15g Fat: 12g Calories: 264  
Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro, 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

**-Philly Cheese Protein Pocket:** Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, Seasonings Protein: 23g Carbs: 49 Fat: 13g Calories: 405 (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, 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***

**-Garlic Parm Chicken Wrap:** Protein: 41g Carbs: 50g Fat: 10g Calories: 454  
Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce, Spices

**-Taco Beef Wrap:** Protein: 42g Carbs: 50g Fat: 20g Calories: 548  
Ingredients: Ground Beef, Salsa, Fresh Cilantro, Cheddar Cheese, Tortilla Wrap, Taco Seasoning

**-Buffalo Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Calories: 486  
Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

**-Chicken Enchilada Wrap:** Protein: 40g Carbs: 50g Fat: 14g Calories: 486  
Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap, Spices

## ***Snacks***

**-Easter Fun Protein Donut:** Protein: 22g Carbs: 23g Fat: 8g Calories: 252  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Sprinkles, Food Coloring

**-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

**-Carrot Cake Protein Bar:** Protein: 24g Carbs: 34g Fat: 8g Calories: 304  
Ingredients: Sugar Free Baking Mix, Egg, Whey Protein, Sugar Free Pudding, Pumpkin, Sugar Free Frosting, Shredded Carrots, Carrot Cake Extract, Cinnamon

**-Chocolate Cherry Energy Bites (GF/DF)** Protein: 25g Carbs: 24g Fats: 22g Calories: 394  
Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

**-Salted Caramel Keto Fudge (GF)** Protein: 12g Carbs: 7g Fat: 28g Calories: 328  
Ingredients: Coconut Oil, Peanut Butter, Whey Protein, Sugar Free Caramel, Sugar Free Vanilla Flavoring, Salt

## ***Vegetarian/Vegan Menu Entrée***

**-Chick Pea Alfredo Bowl:** Protein: 16g Carbs: 51g Fat: 12g Calories: 378  
Ingredients: Pasta, Seasoned Chickpeas, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese

**-Honey Garlic Tofu Bowl (DF)** Protein: 15g Carbs: 45g Fat: 8g Calories: 312  
Ingredients: Extra Firm Tofu, Basmati Rice, Sauteed Onions, Green Beans, Bell Peppers, Honey Garlic Glaze

**-Vegetarian Tacos Bowl:** Protein: 22g Carbs: 49g Fat: 14g Calories: 392  
Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortilla Wrap, Cilantro, Spinach, Spices

**-Garlic Parm Chickpea Bowl (DF)** Protein: 14g Cabs: 57g Fat: 4g Calories: 320

Ingredients: Chickpeas, Orzo, Green Beans, Garlic Parmesan Sauce, Parmesan, 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