

NEW WEEKLY MENU 4/15– 4/21 (Ship Date: 4/20)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

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

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

-Egg White, Cheese and Bacon 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

-Pizza Bowl: Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Spinach, Italian Seasoning

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 15g Calories: 352

size: **Muscle Gain** Protein: 45g Carbs: 46g Fat: 19g Calories: 535

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Italian Seasoning

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

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: 32g Carbs: 12g Fat: 12g Calories: 284

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

-BBQ Shredded Chicken with Bacon Mac Bowl: Ingredients: Shredded Chicken Breast, Pasta, Mixed Vegetables, Cheese Sauce, Bacon, BBQ Sauce, Spices

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

size: **Muscle Gain** Protein: 41g Carbs: 42g Fat: 9g Calories: 413

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 16g Calories: 340

Ingredients: Shredded Chicken Breast, Bacon, Spices, Mixed Vegetables, Cheese Sauce, BBQ Sauce

-Spinach & Provolone Stuff Chicken Bowl: Ingredients: Oven Roasted Chicken, Orzo, Green Beans, Spinach, Provolone Cheese, Spices

size: **Weight Loss** Protein: 27g Carbs: 31g Fat: 7g Calories: 295

size: **Muscle Gain** Protein: 41g Carbs: 45g Fat: 11g Calories: 443

size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 11g Fat: 8g Calories: 260

Ingredients: Oven Roasted Chicken, Green Beans, Spinach, Provolone Cheese, Spices

-Korean Beef Bowl (DF) Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds, Korean Sauce

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** Protein: 34g Carbs: 12g Fat: 10g Calories: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce, Sesame Seeds

-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

-Buffalo Chicken Protein Pocket: Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch Protein: 26g Carbs: 33g Fat: 7g Calories: 299 (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

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

Protein: 42g Carbs: 13g Fats: 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

-Pizza Wrap: Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella and Parmesan Cheese

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

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

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

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

-BBQ Shredded Chicken Wrap: Protein: 34g Carbs: 50g Fat: 16g Calories: 480

Ingredients: Shredded Chicken Breast, Cheddar Cheese, BBQ Sauce, Tortilla Wrap, Spices

-Beef Mexi Melt Wrap: Protein: 42g Carbs: 50g Fat: 20g Calories: 548

Ingredients: Ground Beef, Cheddar, Tortilla Wrap, Salsa, Black Beans, Taco Seasoning

Snacks

-Cinna Roll Protein Donut: Protein: 18g Carbs: 34g Fat: 12g Calories: 306

Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Sugar Free Frosting, Cinnamon, Almond Milk, Splenda

-Lemon Cake Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

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

-Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Calories: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk, White Chocolate Chip

-Cookie Dough Bites (GF/DF/Vegan) Protein: 15g Carbs: 24g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

-Chocolate PB Fudge (GF) Protein: 12g Carbs: 7g Fat: 28g Calories: 382

Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring

Vegetarian/Vegan Menu Entrée

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

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

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

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

-Spicy Bean and Lentil Bowl (GF/DF) Protein: 16g Carbs: 64g Fat: 6g Calories: 360

Ingredients: Beans, Lentils, Sriracha, Onions, Brown Rice, Spinach, Spices

-Mediterranean Hummus Wrap: Protein: 22g Carbs: 65g Fat: 8g Calories: 420

Ingredients: Tomato Basil Tortilla Wrap, Hummus, Sun Dried Tomatoes, Roasted Red Peppers, Chickpeas, Spinach

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