

NEW WEEKLY MENU 5/6-5/12 (Ship Date: 5/11)

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, Mozzarella Cheese, Cheddar Cheese, Spices

-Turkey Sausage Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 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

-Tikka Masala Chicken 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

-Philly Cheese Bowl (GF) Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Calories: 296

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Calories: 482

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 14g Fat: 12g Calories: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

-Garlic Parm Chicken Bowl: Ingredients: Grilled Chicken Breast, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

size: **Weight Loss** Protein: 26g Carbs: 30g Fat: 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

-Honey Sriracha Chicken Bowl (GF/DF) Ingredients: Shredded Chicken, Brown Rice, Mixed Vegetables, Honey Sriracha Sauce, Spices

Spices

size: **Weight Loss** Protein: 28g Carbs: 38g Fat: 3g Calories: 291

size: **Muscle Gain** Protein: 42g Carbs: 52g Fat: 5g Calories: 425

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 14g Fat: 3g Calories: 211

Ingredients: Shredded Chicken, Mixed Vegetables, Honey Sriracha Sauce, Spices

-Greek Turkey Bowl (DF) Ingredients: Ground Turkey, Brown Rice, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Spices, Side of Feta Cheese

Size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 8g Calories: 304

Size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 12g Calories: 448

Size: **Low Carb** Protein: 32g Carbs: 10g Fat: 10g Calories: 258

Ingredients: Ground Turkey, Zucchini, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Spices and Side of Feta Cheese

-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/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306

Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

-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 Protein Pocket: (Macros Per Pocket) Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco Seasonings

Protein: 23g Carbs: 49 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

-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

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

Size: Lean & Green Protein: 42g Carbs: 13g Fat: 16g Calories: 343

Wraps

-Philly Cheese Wrap: Protein: 40g Carbs: 50g Fat: 20g Calories: 532

Ingredients: Ground Beef, Tortilla Wrap, Green Bell Peppers, Onions, Provolone, Mozzarella Cheese

-Garlic Parm Chicken Wrap: Protein: 41g Carbs: 50g Fat: 10g Calories: 454

Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce, Spices

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

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

-Honey Sriracha Chicken Wrap: Protein: 42g Carbs: 52g Fat: 18g Calories: 538

Ingredients: Shredded Chicken Breast, Honey Sriracha Sauce, Mozzarella, Tortilla Wrap

Snacks

-Birthday Cake Protein Donut: Protein: 22g Carbs: 23g Fats: 8g Cal: 252

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

-Double Chocolate Protein Poppers: Protein: 22g Carbs: 22g Fat: 5g Calories: 221

Ingredients: Sugar Free Baking mix, Whey Protein, Eggs, Coconut Oil, Chocolate Chips, Sugar Free Pudding Mix

-Lemon Pound Cake Bar: Protein: 20g Carbs: 24g Fats: 12g Calories: 284

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg, Lemon Extract, Keto White Chocolate Chips

-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

-Philly Cheese Lentil Bowl (GF) Protein: 20g Carbs: 48g Fat: 12g Calories: 380

Ingredients: Lentils, Brown Rice, Green Bell Peppers, Onion, Mozzarella, Worcestershire Sauce, Spices

-Chick Pea Alfredo Bowl: Protein: 16g Carbs: 51g Fat: 12g Calories: 378

Ingredients: Pasta, Seasoned Chickpeas, Broccoli, Healthy Alfredo Sauce, Parmesan

-Cilantro Lime Veggie Burritos Bowl: Protein: 21g Carbs: 46g Fat: 11g Calories: 347

Ingredients: Black Beans, Corn, Salsa, Tortilla, Cilantro Lime Sauce, Spices

-Hibachi Tofu Skillet (DF) Protein: 25g Carbs: 26g Fats: 9g Calories: 285

Ingredients: Extra Firm Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Soy 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: 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