

NEW WEEKLY MENU 5/13-5/19 (Ship Date: 5/18)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips and Almond Milk

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

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

-Mediterranean Breakfast Wrap: Protein: 32g Carbs: 51g Fat: 18g Calories: 498

Ingredients: Egg Whites, Tomato Basil Tortilla, Mozzarella, Feta, Spinach, Fire Roasted Red Bell Peppers)

-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

-Lasagna Bowl: Ingredients: Ground Beef, Pasta, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce and Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 14g Calories: 374

size: **Muscle Gain** Protein: 48g Carbs: 42g Fat: 18g Calories: 490

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

Ingredients: Ground Beef, Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara Sauce and Spices

-Chicken Enchilada Bowl: Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans, Jalapenos and Fresh Cilantro

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294

size: **Muscle Gain** Protein: 30g Carbs: 43g Fat: 8g Calories: 364

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Calories: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro and Spices

-Kung Pao Bowl (DF) Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts and Sesame Seeds

size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 5g Calories: 277

size: **Muscle Gain** Protein: 40g Carbs: 44g Fat: 8g Calories: 408

size: **Low Carb/Keto Friendly (DF)** Protein: 32g Carbs: 14g Fat: 10g Calories: 274

Ingredients: Oven Roasted Chicken Breast, Broccoli, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts and Sesame Seeds

-Turkey Meatloaf Bowl (GF/DF) Ingredients: Ground Turkey, Potato, Oatmeal, Onion, Green Beans, Bell Peppers, Egg, Tangy Tomato Sauce and Spices

size: **Weight Loss** Protein: 27g Carbs: 37g Fat: 6g Calories: 310

size: **Muscle Gain** Protein: 40g Carbs: 47g Fat: 9g Calories: 429

size: **Low Carb/Keto Friendly (DF/GF)** Protein: 32g Carbs: 12g Fat: 10g Calories: 270

Ingredients: Ground Turkey, Green Beans, Egg, Oatmeal, Bell Peppers, Tangy Tomato Sauce, Onion and Spices

-Sweet Chili Chicken Bowl (DF/GF) Ingredients: Grilled Chicken, Basmati Rice, Seasoned Broccoli, Bell Peppers and Sweet Chili Sauce

Size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294

Size: **Muscle Gain** Protein: 40g Carbs: 43g Fat: 8g Calories: 404

Size: **Low Carb (GF)** Protein: 34g Carbs: 15g Fat: 18g Calories: 318

Ingredients: Grilled Chicken, Seasoned Broccoli, Bell Peppers, Mozzarella Cheese and Sweet Chili Sauce

-Chicken Bacon Ranch Bowl: Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese and Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 10g Calories: 314

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Calories: 466

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 10g Fat: 20g Calories: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese and 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 and Spices

Size: **Muscle Gain** Protein: 37g Carbs: 39g Fat: 10g Calories: 434

-Taco Beef Protein Pocket: Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach and Taco Seasonings

Protein: 23g Carbs:49g Fat: 13g Calories: 405 (Macros Per Pocket)

Lean-N-Green

-Shrimp & Broccoli (GF/DF) Ingredients: Shrimp, Broccoli, Red Bell Peppers, Sweet Chili Sauce and Spices

Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Calories: 260

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

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

-Yum Yum Grilled Chicken Bowl (GF/DF) Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sauteed Onions, Spices and 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 and Spices

Protein: 36g Carbs: 12g Fat: 8g Calories: 264

Wraps

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

Ingredients: Ground beef, Tortilla Wrap, Mozzarella Cheese, Parmesan Cheese, Marinara Sauce and Spices

-Sweet Chili Chicken Wrap: Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Grilled Chicken Breast, Cheese, Bell Peppers, Sweet Chili Sauce, Tortilla and Spices

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

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

-Chicken Bacon Ranch Wrap: Protein: 46g Carbs: 50g Fat: 20g Calories: 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning and Tortilla

Snacks

-Cookies & Cream Protein Donut: Protein: 24g Carbs: 28g Fat: 8g Calories: 280

Ingredients: Sugar free cake mix, Whey Protein, Egg whites, Cookie, and Coconut Oil

-Very Vanilla Protein Poppers: Protein: 24g Carbs: 28g Fat: 8g Calories: 280

Ingredients: Sugar free cake mix, Whey Protein, Egg whites, Vanilla Extract and Coconut Oil

-Strawberry Shortcake Protein 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 and Graham Cracker Crumble

-Chocolate Covered Dates (DF/GF) Protein: 4g Carbs: 33g Fat: 9g Calories: 210

Ingredients: Dates, Peanut Butter, Almonds, Vegan Chocolate Chips, Coconut Oil, Stevia and Sea Salt (Macros Per 4 Dates)

-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 and Salt

Vegetarian/Vegan Menu Entrée

-Kung Pao Tofu Bowl (DF) Protein: 15g Carbs 45g Fats 8g Calories: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Bell Peppers, Peanuts, Kung Pao Sauce and Spices

-Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Calories: 386

Ingredients: Zucchini, Pasta, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce and Spices

-Veggie Enchilada Wrap : Protein: 12g Carbs: 50g Fat: 15g Calories: 366

Ingredients: Black Beans, Corn, Tortilla Wrap, Cheddar Cheese, Fresh Cilantro, Tomato and Taco Seasoning

-Sweet Chili Chick Pea Bowl (DF/GF) Protein: 16g Carbs: 55g Fat: 3g Calories: 311

Ingredients: Chick Peas, Basmati Rice, Broccoli, Bell Peppers, Sweet Chili Sauce and 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