

NEW WEEKLY MENU 5/27-6/2 (Ship Date: 6/1)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips and Almond Milk

-Bacon and Cheese Breakfast Omelet (GF) Protein: 32g Carbs: 2g Fat: 18g Calories: 298

Ingredients: Egg whites, Egg, Bacon, Cheddar Cheese, Spices

-Breakfast Burrito Protein: 28g Carbs: 49g Fat: 16g Calories: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

-Creamy Tuscan Bowl: 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

-Bourbon Grilled Chicken Bowl (GF) Ingredients: Grilled Chicken, Seasoned Basmati Rice, Broccoli, Bourbon Sauce

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 8g Calories: 300

size: **Muscle Gain** 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

-Egg Roll In a Bowl (DF) Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions, Side of Sweet & Sour Sauce

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 (DF)** Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground Turkey, Cabbage, Carrots, Soy Sauce, Green Onions, Side of Sweet & Sour Sauce

-Buffalo Chicken Mac & Cheese Bowl: Ingredients: Shredded Chicken, Pasta, Mixed Vegetables, Cheese Sauce, Buffalo Sauce, Spices, Side of Ranch

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

size: **Muscle Gain** Protein: 42g Carbs: 40g Fat: 10g Calories: 418

size: **Low Carb/Keto Friendly (GF)** Protein: 35g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Chicken Breast, Mixed Vegetables, Buffalo Sauce, Cheddar and Mozzarella Cheese, Spices

-Sloppy Joe Bowl (GF) Ingredients: Ground Beef, Garlic Mash, Sloppy Joe Sauce, Green Beans, Spices

Size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 8g Calories: 292

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 45g Fat: 11g Calories: 439

Size: **Low Carb** Protein: 35g Carbs: 11g Fat: 14g Calories: 347

Ingredients: Ground Beef, Cheddar Cheese, Sloppy Joe Sauce, Green Beans, Spices

-Thai Peanut Bowl (GF/DF) Ingredients: Chicken Breast, Mixed Vegetables, Basmati Rice, Peanut Butter, Sweet Chili Sauce, Spices

size: **Weight Loss** Protein: 28g Carbs: 35g Fat: 8g Calories: 324

size: **Muscle Gain** Protein: 45g Carbs: 50g Fat: 11g Calories: 479

size: **Low Carb/Keto Friendly** Protein: 33g Carbs: 14g Fat: 18g Calories: 350

Ingredients: Chicken Breast, Mixed Vegetables, Peanut Butter, Sweet Chili 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

-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

-BBQ Shredded Beef Skillet (GF/DF) Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices

Size: Lean & Green Protein: 42g Carbs: 14g Fat: 16g Calories: 368

-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

-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

-Sloppy Joe Wrap: Protein: 40g Carbs: 54g Fat: 14g Calories: 500

Ingredients: Lean Ground Beef, Cheddar Cheese, Tortilla, Sloppy Joe Sauce

-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

-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

-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

-Harvest Berry Protein Bar: Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Multi Berry Baking Mix, Whey Protein, Coconut Oil, Egg, Almond Milk, White Chocolate Chips

-Blueberry White Chocolate Energy Bites (GF) Protein: 15g Carbs: 42g Fat: 22g Calories: 418

Ingredients: Peanut Butter, Dried Blueberries, Keto White Chocolate Chips, Whey Protein, Chia Seeds, Sliced Almonds, Walnuts, Vanilla Flavoring

-Dark Chocolate Mint Keto Fudge (GF) Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Keto Mint Chocolate Chips

Vegetarian/Vegan Menu Entrée

-Tofu Egg Roll In A Bowl (DF) Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Brown Rice, Tofu, Cabbage, Carrots, Soy Sauce, Spices

-Cauliflower Nuggets with Home Fries Bowl (DF/GF) Protein: 10g Carbs: 59g Fat: 6g Calories: 330

Ingredients: Cauliflower, Potatoes, Green Beans, Corn Starch, 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

-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: 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