

NEW WEEKLY MENU 6/10-6/16 (Ship Date: 6/15)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

-Crustless Quiche (GF) Protein:28g Carbs:4g Fat: 19g Calories: 299

Ingredients: Eggs, Milk, Cheddar Cheese, Spinach, Parmesan and Mozzarella Cheese, Green Onions, Ham, Spices

-Turkey Sausage Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Calories: 452

Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese, Tortilla Wrap, Spices

-Ham, Egg and Cheese Protein Pocket: Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, Spices

Protein: 24g Carbs: 31 Fat: 9g Calories: 301 (Macros Per Pocket)

-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

-Spinach and Cheese Stuffed Chicken Bowl: Ingredients: Oven Roasted Chicken Breast, Orzo, Green Beans, Spinach, Provolone Cheese

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

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

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

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

-Jerk Grilled Chicken Bowl (DF/GF) Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

size: **Weight Loss** Protein: 25g Carbs: 30g Fats: 6g Calories: 274

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 9g Calories: 424

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 12g Fat: 18g Calories: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Spices

-South West Turkey Bowl (DF/GF) Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapenos, and Lime

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/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 18g Calories: 318

Ingredients: Ground Turkey, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime, Cheddar Cheese

-Shepards Pie Bowl (GF) Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 25g Carbs: 33g Fat: 12g Calories:340

size: **Muscle Gain** Protein: 39g Carbs: 46g Fat: 14g Calories:472

size: **Low Carb/Keto Friendly (GF)** Protein: 35g Carbs: 16g Fat: 13g Calories:321

Ingredients: Lean Ground Beef, Cauliflower Mash, Mixed Vegetables, Cheddar Cheese, Spices

-Chicken Bacon Ranch Bowl: Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, 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 (GF)**Protein: 38g Carbs: 10g Fat: 20g Calories: 372

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

-Chicken Spaghetti Bowl: Ingredients: Oven Roasted Chicken Breast, Pasta, Marinara, Spinach, Mozzarella and Parmesan Cheese, Spices

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: 9g Calories: 261

Ingredients: Oven Roasted Chicken Breast, Zucchini, Marinara, Parmesan Cheese

-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

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

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

-Jerk Grilled Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Calories: 486
Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap, Spices

-South West Turkey Wrap: Protein: 40g Carbs: 52g Fat: 14g Calories: 494
Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Cheddar Cheese

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

-BBQ Beef Wrap: Protein: 42g Carbs: 48g Fat: 16g Calories: 504
Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, BBQ Sauce

Snacks

-Strawberry Shortcake Protein Donut: Protein: 24g Carbs: 17g Fat: 5g Calories: 205
Ingredients: Sugar Free Baking Mix, Sugar Free Frosting, Sugar Free Jello, Egg White, Whey Protein, Strawberry Extract

-Orange Dream Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Calories: 276
Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, Orange Extract, Coconut Oil

-Caramel Pretzel Crunch Protein Brownie: Protein: 24g Carbs: 36g Fat: 8g Calories: 312
Ingredients: Sugar Free Baking Mix, Chocolate Whey Protein, Eggs, Pretzels, Sugar Free Caramel Syrup

-White Chocolate Raspberry Energy Bites (GF) Protein: 15g Carbs: 34g Fat: 22g Calories: 394
Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Sugar Free Jello

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

Vegetarian/Vegan Menu Entrée

-Shepards Pie Lentil Bowl (GF) Protein: 26g Carbs: 39g Fat: 14g Calories: 386
Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

-Italian Chick Pea Spaghetti Bowl Protein: 16g Carbs: 50g Fat: 12g Calories: 374
Ingredients: Chick Peas, Pasta, Marinara, Mozzarella, Spinach, Garlic, Spices

-Jerk Spiced Chickpea Bowl (GF/DF) Protein: 18g Carbs: 47g Fat: 4g Calories: 296
Ingredients: Chick Peas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce, Spices

-Hibachi Tofu Skillet: Protein: 25g Carbs: 26g Fat: 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: 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