

NEW WEEKLY MENU 6/17-6/23 (Ship Date: 6/22)

Breakfast

-Banana Nut Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Banana Nut Baking Mix, Almond Milk, Cinnamon, Walnuts

-Western Omelet (GF) Protein: 32g Carbs: 6g Fat: 14g Calories: 296

Ingredients: Egg whites, Egg, Bacon, Mozzarella Cheese, Onions, Bell Peppers, Spices

-Ham, Egg White and Cheese Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Calories: 452

Ingredients: Egg Whites, Ham, 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

-Korean Beef Bowl (DF) Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, 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/Keto Friendly** Protein: 34g Carbs: 12g Fat: 10g Calories: 322

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

-Garlic Parm Chicken Bowl: Ingredients: Grilled Chicken, 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 Garlic Turkey Bowl (DF) Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

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** Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground Turkey, Green Beans, Onions, Bell Peppers and Honey Garlic Glaze

-Orange Glazed Chicken Bowl (GF/DF) Ingredients: Roasted Chicken Breast, Rice Noodles, Peas, Orange Glaze Sauce, Green Onions

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 6g Calories: 282

size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 5g Calories: 413

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 16g Fat: 7g Calories: 255

Ingredients: Roasted Chicken Breast, Peas, Orange Glaze Sauce, Green Onions

-Italian Turkey with Ziti Bowl: Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesan, Spices

Size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Calories: 332

Size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Calories: 463

Size: **Low Carb (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306

Ingredients: Ground Turkey, Zucchini, Mozzarella, Parmesan, 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: 40g Carbs: 52g Fat: 14g Calories: 494

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

-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

-Steak N Greens Steak (GF/DF) Ingredients: Grilled Lean Steak, Green Beans, Sautéed Onions, Sliced Almonds, Spices

Size: Lean & Green Protein: 35g Carbs: 12g Fat: 12g Calories: 296

-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

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

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

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

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

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

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

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

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

Snacks

-Lemon Cake Protein Donut: Protein: 24g Carbs: 17g Fat: 5g Calories: 205

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

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

Ingredients: Sugar Free Cake Mix, Whey Protein Powder, Egg Whites, Cookies, 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, Graham Cracker Crumble

-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, Walnuts, Almonds, Raisins, Cranberries

-Candy Bar Keto Fudge (GF) Protein: 15g Carbs: 9g Fat: 28g Calories: 348

Ingredients: Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring, Peanuts, Sugar Free Caramel

Vegetarian/Vegan Menu Entrée

-Italian Chickpea Ziti Bowl: Protein: 16g Carbs: 50g Fat: 12g Calories: 374

Ingredients: Chickpeas, Ziti, Marinara, Mozzarella, Spinach, Garlic and Spices

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

Ingredients: Extra Firm Tofu, Basmati Rice, Sautéed Onions, Bell Peppers and Honey Garlic Glaze

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

Ingredients: Extra Firm Tofu, Rice Noodles, Peas, Orange Glaze Sauce and Green Onions

-Black Bean Burger with Sweet Potato (GF/DF) Protein: 16g Carbs: 55g Fat: 3g Calories: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, and Spices. (Side Spicy Ketchup)

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