

**NEW WEEKLY MENU 6/24-6/30 (Ship Date: 6/29)**

***Breakfast***

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

**-Ham and Cheese Breakfast Omelet (GF)** Protein:32g Carbs:2g Fat: 14g Calories: 280

Ingredients: Egg whites, Egg, Ham, Cheddar Cheese, Mozzarella 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***

**-Lasana Bowl:** Ingredients: Ground Beef, Pasta, Mozzarella Cheese. Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Spices

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

size: **Muscle Gain** Protein: 40g Carbs: 40g Fat: 16g Calories: 464

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

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

**-Taco Turkey Bowl (GF)** Ingredients: Ground Turkey, Brown Rice, Spinach, Cheddar, Taco Seasoning, Salsa

size: **Weight Loss** Protein: 25g Carbs: 25g Fat: 11g Calories: 299

size: **Muscle Gain** Protein: 40g Carbs: 40g Fat: 16g Calories: 464

size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 12g Fat: 20g Calories: 372

Ingredients: Ground Turkey, Corn, Spinach, Cheddar Cheese, Taco Seasoning, Salsa

**-Tika Masala 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 (DF/GF)** Protein: 34g Carbs: 11g Fat: 5g Calories: 225

Ingredients: Oven Roasted Chicken Breast, Broccoli, Tikka Masala Sauce, Fresh Cilantro Spices

**-Thai Peanut Chicken 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 (GF/DF)** Protein: 33g Carbs: 14g Fat: 18g Calories: 350

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

**-Chipotle Chicken Bowl (GF/DF)** Ingredients: Grilled Chicken, Squash, Basmati Rice, Chipotle Sauce, Spices

Size: **Weight Loss** Protein: 25g Carbs: 25g Fat: 11g Calories: 299

Size: **Muscle Gain** Protein: 40g Carbs: 40g Fat: 16g Calories: 464

Size: **Low Carb (GF)** Protein: 32g Carbs: 12g Fat: 12g Calories: 284

Ingredients: Grilled Chicken, Squash, Cheddar, Chipotle Sauce and Spices

**-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

**-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 and 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

**-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, 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***

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

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

**-Chipotle Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Cal 486

Ingredients: Grilled Chicken, Chipotle Sauce, Cheddar Cheese, Tortilla

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

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

**-Taco Turkey Wrap:** Protein: 42g Carbs: 50g Fat: 20g Calories: 548

Ingredients: Ground Turkey, Tortilla, Salsa, Cheddar Cheese, Taco Seasoning

## ***Snacks***

**-Very Vanilla Protein Donut:** Protein: 22g Carbs: 23g Fats: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Vanilla Flavoring, Sugar Free Vanilla Protein Frosting

**-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

**-Blueberry Muffin Protein Bar:** Protein: 20g Carbs: 24g Fat: 12g Calories: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk, White Chocolate Chip

**-Cookie Dough Bites (Vegan) (GF/DF)** Protein: 15g Carbs: 24g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

**-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***

**-Creamy Tuscan Bowl:** Protein: 18g Carbs: 51g Fats: 14g Calories: 402

Ingredients: Oven Roasted Chickpeas, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

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

Ingredients: Lasagna Noodles, Marinara, Zucchini, Mozzarella and Parmesan Cheese

**-Chipotle Chickpea Bowl (GF/DF)** Protein: 19g Carbs: 59g Fat: 16g Calories: 456

Seasoned Chickpeas, Seasoned Basmati Rice, Squash, Chipotle Sauce, Spices

**-Thai Peanut Tofu (GF/DF)** Protein: 15g Carbs: 45g Fat: 10g Calories: 330

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Thai Peanut 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