

NEW WEEKLY MENU 7/1-7/7 (Ship Date: 7/6)

Breakfast

- Blueberry Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Calories: 320
Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries
- Turkey Sausage Breakfast Omelet (GF)** Protein: 32g Carbs: 2g Fat: 14g Calories: 280
Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar Cheese, Spices
- Bacon Breakfast Wrap:** Protein: 40g Carbs: 47g Fat: 12g Calories: 452
Ingredients: Egg Whites, Bacon, 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

- Philly Cheese Bowl (GF)** Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices
size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Calories: 296
size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Calories: 482
size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 14g Fat: 12g Calories: 308
Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices
- Sweet Chili Chicken Bowl (GF)** Ingredients: Grilled Chicken, Basmati Rice, Seasoned Broccoli, Bell Peppers, Sweet Chili Sauce
size: **Weight Loss (DF)** Protein: 25g Carbs: 35g Fat: 6g Calories: 294
size: **Muscle Gain (DF)** Protein: 40g Carbs: 43g Fat: 8g Calories: 404
size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 15g Fat: 18g Calories 318
Ingredients: Grilled Chicken, Seasoned Broccoli, Bell Peppers, Mozzarella Cheese, Sweet Chili Sauce
- Pizza Bowl:** Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Spinach, Italian Seasoning
size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 15g Calories: 352
size: **Muscle Gain** Protein: 45g Carbs: 46g Fat: 19g Calories: 535
size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 10g Fat: 20g Calories: 380
Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Italian Seasoning
- Chick-N- Biscuit Bowl:** Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices
size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 5g Calories: 257
size: **Muscle Gain** Protein: 40g Carbs: 42g Fat: 8g Calories: 400
- Honey Mustard Chicken Bowl (GF/DF)** Ingredients: Roasted Chicken Breast, Sweet Potato Mash, Seasoned Broccoli, Honey Mustard, Spices
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** Protein: 31g Carbs: 15g Fat: 7g Calories: 247
Ingredients: Roasted Chicken Breast, Seasoned Broccoli, Honey Mustard, 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
- Taco Beef Protein Pocket:** Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco Seasonings
Protein: 23g Carbs: 49 Fat: 13g Calories: 405 (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

-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

-Philly Cheese Wrap: Protein: 25g Carbs: 35g Fat: 6g Calories: 294

Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone and Mozzarella Cheese

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

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

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

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

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

Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella and Parmesan Cheese

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

-Red, White and Blue Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Eggs, Food Coloring

-Red Velvet Protein Bar: Protein: 24g Carbs: 24g Fat: 12g Calories: 300

Ingredients: Whole Grain, Baking Mix, Whey Protein, Egg, Cream Cheese Extract, Red Velvet Extract, Sugar Free Frosting

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

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

-Low Carb Chocolate Cheesecake (GF) Protein: 20g Carbs: 22g Fat: 9g Calories: 249

Ingredients: Greek Yogurt, Sugar Free Jello Pudding, Almond Milk, Sugar Free Chocolate Chips, Coconut Oil, Graham Cracker Crumble

Vegetarian/Vegan Menu Entrée

-Philly Cheese Lentil Bowl (GF) Protein: 20g Carbs: 48g Fat: 12g Calories: 380

Ingredients: Lentils, Brown Rice, Green Bell Peppers, Onion, Mozzarella, Worcestershire Sauce, Spice

-Sweet Chili Chickpea Bowl (DF/GF) Protein: 19g Carbs: 59g Fat: 6g Calories: 366

Ingredients: Chickpeas, Basmati Rice, , Bell Peppers, Sweet Chili Sauce, Spices

-Yum Yum Tofu Bowl (GF/DF) Protein: 25g Carbs: 26g Fat: 11g Calories: 303

Ingredients: Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Spices, Side of Yum Yum Sauce.

-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, 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: 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