

NEW WEEKLY MENU 7/15-7/21 (Ship Date: 7/20)

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

-Double Cheese Breakfast Omelet (GF) Protein: 28g Carbs: 4g Fat: 18g Calories: 290

Ingredients: Egg Whites, Egg, Mozzarella Cheese, Cheddar Cheese, Spices

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

Ingredients: Egg Whites, Turkey Sausage, 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

-Shepherd's 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** Protein: 35g Carbs: 16g Fat: 13g Calories: 321

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

-Enchilada Chicken Bowl with Salsa Verde: Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla,

Refried Beans, Jalapenos, Cilantro

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294

size: **Muscle Gain** Protein: 30g Carbs: 43g Fat: 8g Calories: 364

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Calories: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro, Spices

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

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

size: **Muscle Gain (DF)** 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

-Greek Turkey Bowl (GF/DF) Ingredients: Ground Turkey, Brown Rice, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese,

Spices

size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 8g Calories: 304

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 12g Calories: 448

size: **Low Carb/ Keto Friendly** Protein: 32g Carbs: 10g Fat: 10g Calories: 258

Ingredients: Ground Turkey, Zucchini, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese, Spices

-Chicken Alfredo Bowl: Ingredients: Oven Roasted Chicken, Noodles, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

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

Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

-Ginger Glazed Tilapia Bowl (DF) Ingredients: Tilapia, Basmati Rice, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce, Spices

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 4g Calories: 259

size: **Muscle Gain** Protein: 40g Carbs: 46g Fat: 6g Calories: 398

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 12g Fat: 5g Calories: 229

Ingredients: Tilapia, Mixed Vegetables, Egg, Garlic Ginger Soy 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

-Philly Cheese Protein Pocket: Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour,

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

-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, 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

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

Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap, Spices

-Bourbon Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Grilled Chicken, Cheddar Cheese, Tortilla Wrap, Bourbon Sauce

-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

-Orange DreamSicle Protein Donut: Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Sugar Free Cake Mix, Sugar Free Jello, Whey Protein, Egg Whites, Sugar Free White Chocolate Chips, Orange Extract, Coconut Oil

-Very Vanilla Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Vanilla Extract

-Lemon Pound Cake Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Calories: 284

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg, Lemon Extract, Keto White Chocolate Chips

-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

-Chocolate Peanut Butter Fudge (GF) Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring

Vegetarian/Vegan Menu Entrée

-Lentil Shepherd's Pie Bowl (GF) Protein: 26g Carbs: 39g Fat: 14g Calories: 386

Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

-Chickpea Alfredo Bowl: Protein: 16g Carbs: 51g Fat: 12g Calories: 378

Ingredients: Noodles, Seasoned Chickpeas, Broccoli, Healthy Alfredo Sauce, Parmesan

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

Ingredients: Tofu, Basmati Rice, Mixed Vegetables, Garlic Ginger Soy Sauce, Spices

-Veggie Greek Pasta Salad: Protein: 16g Carbs: 50g Fat: 12g Calories: 372

Ingredients: Pasta, Chickpeas, Black Olives, Red Onion, Greek Dressing, Side of Feta

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