

NEW WEEKLY MENU 8/19– 8/25 (Ship Date: 8/24)

Breakfast

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

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries

-Bacon and Cheese Omelet (GF) Protein: 32g Carbs: 2g Fat: 18g Calories: 298

Ingredients: Egg whites, Egg, Bacon, Cheddar Cheese, Spices

-Double Cheese Breakfast Wrap: Protein: 28g Carbs: 49g Fat: 16g Calories: 452

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella 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

-Cheeseburger Bowl (GF) Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup, Mustard

size: **Weight Loss** Protein: 28g Carbs: 30g Fat: 12g Calories: 340

size: **Muscle Gain** Protein: 48g Carbs: 45g Fat: 16g Calories: 516

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 10g Fat: 20g Calories: 364

Ingredients: Ground Beef, Green Beans, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

-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

-Greek Turkey Bowl (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

-Italian Chicken Tortellini Bowl: Ingredients: Oven Roasted Chicken Breast, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 8g Calories: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 10g Calories: 454

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 9g Calories: 261

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

-Mesquite Grilled Chicken Bowl (GF) Ingredients: Grilled Chicken Breast, Sweet Potatoes, Broccoli, Spices

Size: **Weight Loss (DF)** Protein: 25g Carbs: 27g Fat: 3g Calories: 235

Size: **Muscle Gain (DF)** Protein: 40g Carbs: 40g Fat: 5g Calories: 365

Size: **Low Carb** Protein: 38g Carbs: 12g Fat: 14g Calories: 318

Ingredients: Grilled Chicken Breast, Broccoli, Cheddar Cheese, Spices

-Teriyaki Chicken Bowl (DF) Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, 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: Oven Roasted Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki 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 Cal: 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 Cal: 434

-Buffalo Protein Pocket: Protein: 26g Carbs: 33g Fat: 7g Calories: 299

(Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch

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 Bowl (GF/DF) Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, pices

Protein: 42g Carbs: 14g Fat: 16g Calories: 368

-Honey BBQ Glazed Salmon with Sauteed Green Beans (GF/DF) Ingredients: Wild Caught Salmon, Green Beans and BBQ Sauce, Honey and Spices Size: Lean & Green Protein: 36g Carbs: 12g Fat: 8g Calories: 264

-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

Wraps

-Mesquite Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fats: 10g Calories: 426

Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap, Spices

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

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

-Cheeseburger Wrap: Protein: 40g Carbs: 48g Fat: 18g Calories: 514

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

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

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

Snacks

-Strawberry Shortcake Protein Donut: Protein: 24g Carbs: 17g Fat: 5g Calories: 205

Ingredients: Sugar Free Baking Mix/ Frosting, Sugar Free Jello, Egg White, Whey Protein, Strawberry Extract

-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

-Banana Nut Protein Bar with Caramel Drizzle: Protein: 18g Carbs: 29g Fat: 12g Calories: 296

Ingredients: Banana Nut Protein Baking Mix, Eggs, Almond Milk, Whey Protein, Sugar Free Caramel Sauce

-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, Almonds, Walnuts, Cranberries, Raisins

-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 Tortellini Bowl: Protein: 16g Carbs: 50g Fat: 12g Calories: 374

Ingredients: Chickpeas, Cheese Tortellini, Marinara, Mozzarella and Parmesan Cheese, Spinach, Garlic, Spices

-Teriyaki Tofu Bowl (DF) Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce

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

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

-Mediterranean Hummus Wrap (DF) Protein: 22g Cabs: 65g Fat: 8g Calories: 420

Ingredients: Tomato Basil Tortilla Wrap, Hummus, Sun Dried Tomatoes, Roasted Red Peppers, Chickpeas, Spinach

Long Life Kids Meals

-Chicken Taco Melt w/ Sweet Corn: Protein: 16g Carbs: 32g Fat: 8g Cal: 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 Cal: 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