

NEW WEEKLY MENU 8/26– 9/1 (Ship Date: 8/31)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

-Ham, Egg and Cheese Protein Pocket: Protein: 24g Carbs: 31g Fats: 9g Calories: 301

(Macros Per Pocket) Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, Spices

Turkey Sausage and Cheese Omelet (GF) Protein: 32g Carbs: 2g Fat: 14g Calories: 280

Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar 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 Cal: 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 Cal: 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 Cal: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREE

-Chicken Bacon Ranch Bowl: Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 10g Calories: 314

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Calories: 466

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 10g Fat: 20g Calories: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

-BBQ Grilled Chicken with Red Potato's Bowl: Ingredients: Grilled Chicken Breast, Roasted Red Potato, Green Beans, BBQ Sauce, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 3g Calories: 255

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

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 12g Fat: 14g Calories: 318

Ingredients: Grilled Chicken Breast, Green Beans, Cheddar Cheese, BBQ Sauce, Spices

-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

-Southwest Turkey Bowl: Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapenos, Lime

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 (GF)** Protein: 34g Carbs: 15g Fat: 18g Calories: 318

Ingredients: Ground Turkey, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapenos, Lime, Cheddar Cheese

-Kung Pao Chicken Bowl (DF) Ingredients: Roasted Chicken Breast, Basmati Rice, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame Seeds, Seasoning

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 (DF)** Protein: 32g Carbs: 14g Fat: 10g Calories: 274

Ingredients: Roasted Chicken Breast, Broccoli, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame Seeds

-Beef Stroganoff Bowl: Ingredients: Ground Beef, Orzo, Green Beans, Creamy Mushroom Sauce, Garlic, Spices

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 (GF)** Protein: 34g Carbs: 12g Fat: 10g Calories: 322

Ingredients: Ground Beef, Green Beans, Creamy Mushroom Sauce, Garlic, 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 Cal: 434

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 Bowl (GF/DF) Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots, Chimichurri Sauce

Protein: 42g Carbs: 13g Fat: 16g Calories: 343

-Honey BBQ Glazed Salmon with Sauteed Green Beans (GF/DF) Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce,

Honey, 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

-Chicken Bacon Ranch Wrap: Protein: 46g Carbs: 50g Fat: 20g Calories: 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Greek Yogurt, Ranch Seasoning, Tortilla Wrap

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

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

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

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

-Southwest Turkey Wrap: Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapenos, Cheddar Cheese

Snacks

-Birthday Cake Protein Donut: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

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

-Strawberry Lemonade Protein Poppers: Protein: 24g Carbs: 21g Fat: 5g Calories: 217

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Sugar Free Jello, Coconut Oil, Strawberry Extract, Lemon 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 (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

-Turtle Protein Cheesecake: Protein: 25g Carbs: 32g Fat: 9g Calories: 309

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Whey Protein, Coconut Oil, Pecans, Chocolate Chips, Sugar Free Caramel

Vegetarian/Vegan Menu Entrée

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

Ingredients: Extra Firm Tofu, Basmati Rice, Bell Peppers, Carrots, Peanuts, Kung Pao Sauce, Spices

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

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

-Roasted Veggie Skillet Bowl (GF/DF) Protein: 18g Carbs: 42g Fat: 6g Calories: 294

Ingredients: Roasted Red Potato, Onions, Peppers, Kale, Carrots, Mushrooms, Spices

-Cilantro Lime Veggie Burrito Bowl: Protein: 21g Carbs: 46g Fat: 11g Calories: 347

Ingredients: Black Beans, Corn, Salsa, Tortilla, Cilantro Lime Sauce

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