

NEW WEEKLY MENU 8/12– 8/18 (Ship Date: 8/17)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

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

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

-Bacon and Cheese 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 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

-Chipotle Chicken Bowl (GF) Ingredients: Grilled Chicken Breast, Squash, Seasoned 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/Keto Friendly** Protein: 32g Carbs: 12g Fat: 12g Calories: 284

Ingredients: Grilled Chicken Breast, Squash, Chipotle Sauce, Cheddar Cheese, Spices

-Honey Sriracha Chicken Bowl (GF) Ingredients: Shredded Chicken Breast, Brown Rice, Mixed Vegetables, Honey Sriracha Sauce, Spices

size: **Weight Loss (DF)** Protein: 28g Carbs: 38g Fat: 3g Calories: 291

size: **Muscle Gain (DF)** Protein: 42g Carbs: 52g Fat: 5g Calories: 425

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 14g Fat: 3g Calories: 211

Ingredients: Shredded Chicken Breast, Mixed Vegetables, Honey Sriracha Sauce, Spices

-Sweet & Spicy Meatball Bowl (DF/GF) Ingredients: Ground Beef, Mashed Potato, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion,

Sweet & Spicy Sauce

size: **Weight Loss** Protein: 25g Carbs: 31g Fat: 8g Calories: 296

size: **Muscle Gain** Protein: 40g Carbs: 46g Fat: 11g Calories: 443

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 15g Fat: 10g Calories: 290

Ingredients: Ground Beef, Cauliflower Mash, Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet & Spicy Sauce

-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

-Pizza Bowl: Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella and 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 (GF)** Protein: 34g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella and Parmesan Cheese, Italian Seasoning

-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** Protein: 36g Carbs: 14g Fat: 12g Calories: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese, 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

-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, Spices

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

-Honey BBQ Glazed Salmon with Sautéed Green Beans (GF/DF) Ingredients: Wild Caught Salmon, Green Beans, 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, Sautéed Onions, Spices, Side of Yum Yum Sauce Protein: 35g Carbs: 16g Fat: 10g Calories: 294

Wraps

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

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

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

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

-Pizza Wrap: Protein: 42g Carbs: 50g Fat: 20g Calories: 548

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

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

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

Snacks

-Lemon Cake Protein Donut: Protein: 24g Carbs: 17g Fat: 5g Calories: 205

Ingredients: Sugar Free Baking, Egg White, Whey Protein, Coconut Oil, Lemon Extract, Lemon

-Very Cherry Protein Poppers: Protein: 24g Carbs: 21g Fat: 5g Calories: 217

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Almond Milk, Sugar Free Cherry Jello, Coconut Oil, Splenda

-Double Fudge Protein Brownie: Protein: 24g Carbs: 36g Fat: 14g Calories: 366

Ingredients: Sugar Free Baking Mix, Sugar free Protein Frosting, Egg, Whey Protein Powder, Sugar Free Chocolate Chips

-Chocolate Cherry Energy Bites (GF/DF) Protein: 25g Carbs: 24g Fat: 22g Calories: 394

Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

-Original Low Carb Protein Cheesecake: Protein: 26g Carbs: 10g Fat: 8g Calories: 216

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Graham Cracker Crumbs

Vegetarian/Vegan Menu Entrée

-Creamy Tuscan Chickpea Bowl: Protein: 18g Carbs: 51g Fat: 14g Calories: 402

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

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

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

-Sweet and Spicy Vegan Meatball Bowl (GF/DF) Protein: 18g Carbs: 46g Fat: 8g Calories: 328

Ingredients: Black Beans, Oats, Bell Peppers, Cauliflower Mash, Mixed Vegetables, Sweet & Spicy Sauce

-Hibachi Tofu Bowl (DF) Protein: 25g Carbs: 26g Fat: 9g Calories: 285

Ingredients: Extra Firm Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Soy Sauce, Spices

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