

NEW WEEKLY MENU 1/8/25– 1/14/25 (Ship Date: 1/13/25)

Breakfast

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

Ingredients: protein pancake mix, chocolate chips, almond milk

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

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

-Breakfast Burrito : Protein: 28g Carbs: 49g Fat: 16g Calories: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, Tortilla Wrap and 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

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

size: **Weight Loss** Protein 28g Carbs 34g Fats 8g Cal 330

size: **Muscle Gain** Protein 42g Carbs 48g Fats 10g Cal 450

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

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

-Cheeseburger Bowl (GF) Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup and 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(GF)** Protein: 38g Carbs: 14g Fat: 14g Calories: 334

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

-Turkey Meatloaf Bowl (DF) Ingredients: ground turkey, potato, oatmeal, onion, green beans ,bell peppers, egg, tangy tomato sauce, spices

size: **Weight Loss** Protein 27g Carbs 37g Fat 6g Cal 310

size: **Muscle Gain** Protein 40g Carbs 47g Fats 9g Cal 429

size: **Low Carb/Keto Friendly(DF)** Protein 32g Carbs 12g Fats 10g Cal 270

Ingredients: ground turkey, green beans, egg, oatmeal, bell peppers, tangy tomato sauce, onion, spices

-BBQ Shredded Chicken with Bacon Mac: Ingredients: Shredded Chicken Breast, Pasta, Mixed Veggies , Cheese Sauce, Bacon, BBQ

Sauce and Spices

size: **Weight Loss** Protein:24g Carbs:40g Fat:10g Calories:346

size: **Muscle Gain** Protein:40g Carbs:52g Fat:14g Calories:494

size: **Low Carb/Keto Friendly:(GF)** Protein:34g Carbs:15g Fat:16g Calories:340

Ingredients: Shredded Chicken Breast, Bacon, Spices, Mixed Vegetables, Cheese Sauce and BBQ Sauce

-Chipotle Chicken Bowl (GF): Ingredients: Grilled Chicken, Squash, Seasoned Basmati Rice, Chipotle Sauce and Spices

Size: **Weight Loss** Protein: 25g Carbs:25g Fats: 11g Calories: 299

Size: **Muscle Gain** Protein: 40g Carbs: 40g Fats: 16g Calories: 464

Size: **Low Carb (GF)** Protein: 32g Carbs: 12g Fats: 12g Calories: 284

Ingredients: Grilled Chicken, Squash, Cheddar Cheese, Chipotle Sauce and 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 Fats: 4g Cal: 259

Size: **Muscle Gain** Protein: 40g Carbs: 46g Fats: 6g Cal: 398

Size: **Low Carb** Protein (DF): Protein: 34g Carbs: 12g Fats: 5g Cal: 229

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

-Turkey Burger with Mac & Cheese : Ingredients: Ground Turkey, Pasta, Cheese Sauce,, Onions, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup)

size: **Muscle Gain:** Protein: 40g Carbs: 40g Fat: 9g Calories: 401

-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 Fats: 10g Calories: 434

-Taco Beef Protein Pockets :(Macros Per Pocket) Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco Seasonings

Protein: 23g Carbs:49 Fats: 13g Calories: 405

Lean-N-Green

-Shrimp & Broccoli LNG'(GF/DF): Ingredients: Shrimp, Broccoli, Red Bell Peppers, Sweet Chili Sauce, Spices

Size: Lean & Green Protein:30g Carbs: 17g Fats: 8g Calories: 260

-BBQ Shredded Beef Skillet LNG'(GF/DF): Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices

Size: Lean & Green Protein: 42g Carbs: 14g Fats: 16g Calories: 368

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

Size: Lean & Green Protein: 36g Carbs: 12g Fats: 8g Cal: 264

-Steak -N-Greens LNG'(GF/DF): Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices

Size: Lean & Green Protein:35g Carbs: 12g Fat: 12g Calories:296

Wraps

-General TSO Chicken Wrap : Protein: 40g Carbs: 52g Fats: 14g Calories: 494

Ingredients: Oven Roasted Chicken, Whole Wheat Tortilla Wrap, Shredded Carrots, General Tso Sauce

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

Ingredients: Grilled Chicken, tortilla wrap, cheddar cheese, chipotle sauce, spices

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

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

-BBQ Shredded Chicken Wrap: Protein:34g Carbs:50g Fats:16g Calories: 480

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

Snacks

-Double Chocolate Protein Donut: Protein: 24g Carbs: 27g Fat: 5g Calories: 245

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Splenda, White Chocolate Chips and Sugar Free Frosting

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

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, sugar free Jello, strawberry extract

-Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Calories: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk and White Chocolate Chip

-Trail Mix Energy Bites: Protein: 15g Carbs: 42g Fats: 22g Calories: 418

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries and Raisins

-Dark Chocolate Mint Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Keto Mint Chocolate Chips

Vegetarian/Vegan Menu Entrée

-Ginger Glazed Tofu with Fried Rice (DF): Protein: 15g Carbs: 45g Fats: 8g Cal: 312

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

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

Ingredients: Pasta, Seasoned Chick Peas, Broccoli, Alfredo Sauce, Parmesan

-Black Bean Burger with Mac and Cheese: Protein:18 g Carbs: 58 g Fat:13 g Calories: 421

Ingredients: Black Beans, Pasta, Cheese Sauce, Bell Peppers, Garlic, Oats, and Spices (Side Spicy Ketchup)

-Spicy Bean and Lentil (GF)(DF): Protein: 16g Carbs: 64g Fat: 6g Calories: 360

Ingredients: Beans, Lentils, Sriracha, Onions, Brown Rice, Spinach and 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 Calories: 299

Ingredients: Flaxseed Crusted Chicken Breast, Potato, Peas and Seasoning (Juice Box, Protein Popper)

Gourmet Nut Butters

Cinnamon Spice Almond Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180

Ingredients: Almonds, Cinnamon, Spices

Chocolate Almond Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Calories: 190

Ingredients: Almonds, Coconut Oil, Cocoa

Honey Cinnamon Peanut Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180

Ingredients: Peanuts, Honey, Cinnamon

