



February 2025

[1/29/25 - 2/26/25]



Meal Plans

Hall of Fame (HOF) - 810142582162

- (5) The Arnold Bowl - (Calories 390 Fat 14g Carbs 38g Protein 28g)**
Beef, green peppers and mushrooms over brown rice with mozzarella cheese and Clean EatZ Buffalo Sauce
- (5) BBQ Beef Mac & Cheese - (Calories: 430 Fat 15g Carbs 40g Protein 30g)**
Shredded beef in BBQ sauce with mac & cheese
- (5) Buffalo Chicken Mac and Cheese - (Calories 430 Fat 12g Carbs 35g Protein 47g)**
Diced chicken in buffalo sauce with a side of mac and cheese
- (5) Cheeseburger Bowl - (Calories: 450 Fat 17g Carbs 49g Protein 26g)**
Ground beef in BBQ sauce with chopped red onion and dill pickle chips with Monterey jack cheese over brown rice
- (5) Chicken Adobo - (Calories: 410 Fat 9g Carbs 40g Protein 42g)**
Chicken, corn and peppers in an adobo sauce over an ancient grains blend
- (5) Sweet-N-Sour Chicken - (Calories: 360 Fat 7g Carbs 50g Protein 22g)**
Breaded chicken tossed in sweet n' sour sauce with a side of broccoli

Clean Box A (CBA) - 851721008604

- (5) Big Boy in a Bowl - (Calories 310 Fat 8g Carbs 30g Protein 31g)**
Diced chicken breast in sweet chili sauce with a corn and pepper blend, mozzarella cheese over brown
- (5) Braised Beef Bowl - (Calories 360 Fat 9g Carbs 41g Protein 28g)**
Shredded beef with carrots and onions in brown gravy over mashed potatoes
- (5) Buffalo Chicken Meatballs - (Calories 330 Fat 10g Carbs 29g Protein 31g)**
Chicken meatballs in a creamy hot sauce over brown rice with green beans
- (5) Chicken Cheddar Broccoli Bake - (Calories 320 Fat 9g Carbs 27g Protein 32g)**
Diced chicken and cheesy broccoli over brown rice
- (5) Four Cheese Chicken Manicotti - (Calories: 500 Fat 21g Carbs 39g Protein 37g)**
Cheese manicotti with chicken and broccoli in marinara



(5) Pineapple Teriyaki Chicken - (Calories: 310 Fat 8g Carbs 28g Protein 31g)

Diced chicken with peppers, onions, and pineapple in teriyaki sauce over brown rice

Clean Box B (CBB) - 851721008611

(5) BBQ Chicken Alfredo - (Calories: 430 Fat 7g Carbs 55g Protein 36g)

BBQ chicken with peppers and onions over pasta in alfredo sauce

(5) Caprese Chicken Lasagna - (Calories: 430 Fat 15g Carbs 31g Protein 42g)

Cheese lasagna with diced chicken in marinara, mozzarella cheese and a balsamic glaze

(5) Hot Honey Chicken Mac & Cheese - (Calories: 430 Fat 14g Carbs 52g Protein 24g)

Chicken chunks in hot honey sauce with mac & cheese

(5) Korean BBQ Chicken Bites - (Calories: 500 Fat 17g Carbs 56g Protein 29g)

Breaded chicken in Korean BBQ sauce with edamame, sweet potatoes and white rice

(5) Pepper & Onions Steak Bowl - (Calories: 320 Fat 11g Carbs 31g Protein 25g)

Steak strips in brown gravy with peppers and onion over brown rice

(5) Queso Chicken Sausage Bowl- (Calories 365 Fat 14g Carbs 29g Protein 31g)

Ground chicken in queso sauce with broccoli over diced red potatoes

Mediterranean Box

(5) Chicken Romesco - (Calories: 310 Fat 10g Carbs 24g Protein 31g)

Diced chicken and asparagus in a creamy roasted red pepper sauce over a quinoa blend

(5) Cream Corn Chicken & Rice - (Calories 330 Fat 4g Carbs 42g Protein 31g)

Diced chicken, cream corn, green beans and carrots over white rice

(5) Garlic Chicken & Couscous - (Calories: 520 Fat 17g Carbs 55g Protein 38g)

Diced chicken with a Mediterranean vegetable blend and couscous in a creamy garlic sauce

(5) Mediterranean Chicken Pasta - (Calories 460 Fat 15g Carbs 45g Protein 35g)

Diced chicken with sundried tomatoes, carrots, and spinach in Greek dressing over penne pasta

(5) Wasabi Pesto Meatballs - (Calories: 500 Fat 24g Carbs 35g Protein 35g)

Chicken meatballs in a kickin kale pesto with caramelized onions and carrots over penne pasta

(5) White Bean Chicken & Hummus - (Calories: 330 Fat 8g Carbs 29g Protein 34g)

Diced chicken with white beans, wheat berries, vegetables and hummus



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Breakfast Box (BB) - 851721008086

- (10) Beef & Eggs- (Calories: 381 Fat 17g Carbs 26g Protein 31g)**
Scrambled eggs with shredded beef and diced potatoes
- (10) Biscuits & Gravy Breakfast - (Calories 550 Fat 25g Carbs 49g Protein 32g)**
Scrambled eggs & pulled chicken over a biscuit with light gravy
- (10) Buffalo Chicken Omelette- (Calories 400 Fat 23g Carbs 24g Protein 25g)**
Egg omelette with chicken in a creamy buffalo sauce over tater tots

Basic Box (BAS) - 850020143788

- (5) Basic Beef and Red Potatoes - (Calories: 330 Fat 10g Carbs 30g Protein 30g)**
Shredded beef, green beans, and red potatoes
- (5) Basic Beef and Rice - (Calories: 370 Fat 8g Carbs 44g Protein 31g)**
Shredded beef and brown rice
- (5) Basic Chicken & Rice - (Calories: 320 Fat 4g Carbs 43g Protein 28g) -**
Diced chicken, broccoli, brown rice
- (5) Basic Fajita Chicken & Mash - (Calories: 350 Fat 4g Carbs 45g Protein 33g)**
Diced chicken, peppers, and onions over mashed potatoes
- (5) Basic Pulled Chicken & Sweet Potatoes- (Calories: 300 Fat 8g Carbs 26g Protein 31g)**
Pulled chicken, broccoli, sweet potato chunks
- (5) Basic Turkey Burnt Ends & Rice- (Calories: 290 Fat 8g Carbs 27g Protein 28g)**
Turkey burnt ends, green beans, rice

Extra Protein Box (XL) - 850020143283 - EXTRA 2 OUNCES OF PROTEIN

- (5) XL BBQ Chicken Alfredo - (Calories 500 Fat 8g Carbs 60g Protein 46g)**
BBQ chicken with peppers and onions over pasta in alfredo sauce
- (5) XL Big Boy in a Bowl - (Calories 380 Fat 9g Carbs 32g Protein 42g)**
Diced chicken breast in sweet chili sauce with a corn and pepper blend, mozzarella cheese over brown
- (5) XL Buffalo Chicken Mac & Cheese - (Calories 500 Fat 13g Carbs 38g Protein 57g)**
Diced chicken breast in a creamy buffalo sauce with a side of mac & cheese
- (5) XL Caprese Chicken Lasagna- (Calories 430 Fat 15g Carbs 31g Protein 42g)**
Cheese lasagna with diced chicken in marinara, mozzarella cheese and a balsamic glaze
- (5) XL Cheeseburger Bowl - (Calories 510 Fat 19g Carbs 52g Protein 38g)**
Ground beef in BBQ sauce with chopped red onion and pickle chips with shredded cheese over brown rice
- (5) XL Queso Chicken Sausage Bowl- (Calories 450 Fat 17g Carbs 34g Protein 41g)**
Ground chicken in queso sauce with broccoli over diced red potatoes



Pizzas, PB&J & Empanadas

Protein Pizzas (PZZA) - 850043326038

- (30) Bacon Cheeseburger Pizza (BACPZZA30) - (Calories 460 Fat 18g Carbs 53g Protein 22g)**
Cauliflower crust pizza with bacon, BBQ beef and mozzarella cheese
- (30) BBQ Chicken Pizza (BBQPZZA30) - (Calories 450 Fat 15g Carbs 54g Protein 25g)**
Cauliflower crust pizza with BBQ chicken, pineapple salsa, and Monterey jack cheese
- (30) Hot Honey Pepperoni Pizza (HHPPZZA30) - (Calories 570 Fat 24g Carbs 65g Protein 23g)**
Cauliflower crust pizza with tomato sauce, mozzarella cheese, hot honey and pepperoni
- (30) Variety Pizza Box (VARPZZA30)**
10 Bacon Cheeseburger, 10 BBQ Chicken, and 10 Hot Honey Pepperoni Pizzas

Protein PB&J (PBJ)

Protein PB&J are packed in a 4-pack stand-up pouch. They can be stored frozen or refrigerated.

- (128) Grape PB&J (PBJG) - (Cal 272 F 12g/C 33g/P 12g) - 10850032383889**
Whole grain bread with protein peanut butter and low-sugar grape jelly
- (128) Strawberry PB&J (PBJS) - (Cal 272 F 12g/C 33g/P 12g) - 20850032383091**
Whole grain bread with protein peanut butter and low-sugar strawberry jelly
- (128) Variety PB&J Case (VARPBJ)**
16 Pouches of Grape and 16 Pouches of Strawberry



Empanadas (EMP)

Each wholesale case has 9 retail-ready cartons that have 9 individual empanadas in each carton. Empanadas are retailed individually. Products should be stored frozen.

(81) Beef & Cheese Empanada (WSBCEMPA) - (Cal 240 F 12g/C 19g/P 14g) - 0085003238399

Ground beef and cheese in a flaky crust

(81) Pepperoni Pizza Empanada (WSPPEMPA) - (Cal 330 F 23g/C 17g/P 15g) - 00850032383981

Mozzarella cheese, pizza sauce and pepperoni in a flaky crust

(81) Southwest Chicken Empanada (WSSWCKEMPA) - (Cal 230 F 11g/C 21g/P 10g) -

Seasoned chicken beans, roasted vegetables and cheese in a flaky crust

(81) Empanada (WSTURKEMPA) - (Cal 230 F 12g/C 16g/P 12g) -

Turkey breakfast sausage, egg, and cheese in a flaky pocket crust

(81) Variety Empanada Case (VAREMPA) - 00810142589475

Choose 3 flavors of 27 Empanadas totaling 81 units.

Cleanwich (CLW)

Wholesale Cleanwiches come as a 24-pack of 3-count boxes that can be stored frozen or refrigerated.

(72) Cleanwich (CLW) - (Cal 270 F 13g/C 28g/P 11g) - 810142584067

Cleanwich is a chocolate chip cookie sandwich made using two of our protein chocolate chip cookies and filled with low-sugar, high-protein vanilla icing.

Each meal case contains 30 individually packaged meals or pizzas that are packed with dry ice. The case will weigh about 25 lbs upon arrival.

Immediately place meals in the freezer.

Wholesale Boxes are intended for retailers. Therefore, if we are out of an item listed, it will be substituted without notification |