



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 Mash Potato Bowl - (Calories: 340 Fat 7g Carbs 31g Protein 38g)**
Chicken with corn and Monterey jack cheese in a light gravy over mashed potatoes
- (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) BBQ Chicken Totchos - (Calories 380 Fat 9g Carbs 45g Protein 29g)**
Chicken in BBQ sauce with shredded cheese, tomatoes, and green onion over sweet potato tots
- (5) Burrito Bowl - (Calories 440 Fat 18g Carbs 45g Protein 24g)**
Ground beef in taco seasoning with corn and black bean salsa, Pico de Gallo, and 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) Mandarin Orange Chicken - (Calories: 390 Fat 6g Carbs 63g Protein 21g)**
Tempura Chicken with broccoli and carrots in sweet & sour sauce over brown rice
- (5) Meatlovers Pizza Bowl- (Calories: 460 Fat 17g Carbs 35g Protein 35g)**
Chicken sausage, pepperoni, mozzarella cheese and broccoli in marinara over white rice

(5) Steakhouse Bowl- (Calories: 500 Fat 29g Carbs 26g Protein 34g)

Beef in A1 sauce with crispy onion straws and Swiss cheese over potatoes

Clean Box B (CBB) - 851721008611**(5) Bourbon Chicken Mac & Cheese - (Calories: 430 Fat 12g Carbs 50g Protein 30g)**

Breaded chicken in a sweet bourbon glaze with a side of mac and cheese

(5) Cheeseburger Tortellini - (Calories: 580 Fat 25g Carbs 45g Protein 42g)

Ground beef in cheese sauce with tomatoes, pickles and onions over cheese tortellini

(5) Chicken Taco Bowl - (Calories: 380 Fat 14g Carbs 30g Protein 33g)

Ground chicken, corn, black beans over brown rice with salsa and shredded cheese

(5) Garlic Parm Beef - (Calories: 400 Fat 10g Carbs 46g Protein 32g)

Shredded beef in a creamy garlic parmesan sauce over mash potatoes with green beans

(5) Honey Mustard Chicken - (Calories: 420 Fat 14g Carbs 42g Protein 31g)

Diced Chicken in honey mustard with broccoli and potato chunks

(5) Street Corn Chicken - (Calories: 310 Fat 5g Carbs 36g Protein 31g)

Chicken breast with creamy, Mexican-inspired corn and red potatoes

Summer Shred Box**(5) BBQ Bacon Chicken - (Calories: 300 Fat 8g Carbs 20g Protein 36g)**

Chicken in sugar-free BBQ sauce with bacon bits, shredded cheese, broccoli and sweet potatoes

(5) Fiesta Chicken - (Calories 300 Fat 7g Carbs 23g Protein 32g)

Diced chicken in fiesta seasoning with fajita veggies, guacamole and tomatoes over brown rice

(5) Garlic Beef - (Calories: 400 Fat 23g Carbs 21g Protein 26g)

Steak strips in a garlic aioli with parmesan cheese and green beans over a quinoa blend

(5) Keto Hibachi Chicken - (Calories 290 Fat 12g Carbs 14g Protein 30g)

Chicken in yum yum sauce over broccoli and zucchini

(5) Keto Jalapeno Popper Chicken - (Calories: 430 Fat 22g Carbs 16g Protein 42g)

Chicken and bacon in a cheesy, spicy cream sauce over broccoli

(5) Keto Verde Beef - (Calories: 400 Fat 23g Carbs 14g Protein 35g)

Ground beef in tomatillo salsa with pepper jack cheese and stir-fried veggies

Breakfast Box (BB) - 851721008086

- (10) Beef & Eggs - (Calories: 381 Fat 17g Carbs 26g Protein 31g)**
Scrambled eggs with shredded beef and diced potatoes
- (10) Chicken & Waffle Breakfast - (Calories 420 Fat 18g Carbs 39g Protein 25g)**
Popcorn chicken and egg omelet over a Belgian waffle with syrup
- (10) Chicken Fajita Omelette - (Calories 420 Fat 15g Carbs 29g Protein 25g)**
Omelet with diced chicken, peppers and onions and Monterey jack cheese over potatoes

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 Beef & Sweet Potatoes - (Calories: 310 Fat 11g Carbs 29g Protein 24g)**
Shredded beef, green beans, and sweet potatoes
- (5) Basic Chicken & Sweet Potatoes - (Calories: 250 Fat 3g Carbs 27g Protein 28g)**
Diced chicken, broccoli, sweet potatoes
- (5) Basic Pulled Chicken & Red Potatoes - (Calories: 300 Fat 10g Carbs 27g Protein 25g)**
Pulled BBQ chicken, green beans, potatoes
- (5) Basic Pulled Chicken & Rice - (Calories: 300 Fat 10g Carbs 27g Protein 25g)**
Pulled BBQ chicken, green beans, brown rice

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

- (5) XL BBQ Chicken Tochos - (Calories 460 Fat 11g Carbs 49g Protein 41g)**
Chicken in BBQ sauce with shredded cheese, tomatoes, and green onion over sweet potato tots
- (5) XL Burrito Bowl - (Calories 540 Fat 25g Carbs 47g Protein 31g)**
Ground beef in taco seasoning with corn and black bean salsa, Pico de Gallo, and cheese over brown rice
- (5) XL Chicken Mash Potato Bowl - (Calories 460 Fat 10g Carbs 40g Protein 52g)**
Baked chicken with corn and Monterey jack cheese in a light gravy over mashed potatoes
- (5) XL Chicken Taco Bowl - (Calories 460 Fat 18g Carbs 32g Protein 43g)**
Ground chicken, corn, black beans over brown rice with salsa and shredded cheese
- (5) XL Mandarin Orange Chicken - (Calories 510 Fat 9g Carbs 78g Protein 28g)**
Tempura chicken with broccoli and carrots in sweet & sour sauce over brown rice
- (5) XL Street Corn - (Calories 380 Fat 7g Carbs 40g Protein 40g)**
Chicken with creamy, Mexican corn and red potatoes



Pizzas, PB&J & Empanadas

Protein Pizzas (PZZA) - 850043326038

- (30) **Bourbon Chicken Pizza (BBCPZZA30) - (Calories 410 Fat 12g Carbs 54g Protein 22g)**
Cauliflower crust pizza with chicken in a bourbon BBQ sauce and mozzarella cheese
- (30) **Chicken Bacon Ranch Pizza (CBRPZZA30) - (Calories 480 Fat 19g Carbs 54g Protein 22g)**
Cauliflower crust pizza with chicken, bacon, cheese and ranch
- (30) **Pepperoni Pizza (PEPPZZA30) - (Calories 480 Fat 17g Carbs 56g Protein 22g)**
Cauliflower crust pizza with tomato sauce, mozzarella cheese and pepperoni
- (30) **Variety Pizza Box (VARPZZA30)**
10 Bourbon Chicken, 10 Chicken Bacon Ranch, and 10 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



April 2025

(3/27/25 - 4/30/25)

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 |