



May 2025

(4/30/25 - 5/30/25)



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 Eat 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) 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) Garlic Parm Chicken - (Calories 440 Fat 20g Carbs 44g Protein 22g)

Popcorn chicken with green beans in a garlic parmesan sauce with parmesan cheese over a kale and quinoa 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



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(5) Philly Cheesesteak Pasta - (Calories: 480 Fat 18g Carbs 40g Protein 39g)

Shredded beef, peppers and onions with American cheese over pasta

(5) Queso Chicken Fries - (Calories: 410 Fat 14g Carbs 39g Protein 31g)

Chicken with fajita veggies in queso over waffle fries

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) Chipotle Beef Bowl - (Calories: 360 Fat 12g Carbs 34g Protein 30g)

Shredded beef in chipotle sauce with cheese, peppers, onions and corn over red potatoes

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

Diced Chicken in honey mustard with broccoli and potato chunks

(5) Loaded Burger Bowl - (Calories: 540 Fat 28g Carbs 48g Protein 25g)

Beef burger topped with baked beans, queso, fried onions and sweet potato fries

(5) Sticky Asian Chicken Bowl - (Calories: 340 Fat 7g Carbs 38g Protein 31g)

Chicken chunks in Korean BBQ sauce with snap peas over brown rice

(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 (SSB) - 810172554016

(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



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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) Hashbrown Stack - (Calories 440 Fat 24g Carbs 32g Protein 25g)

Egg omelette with bacon over hash browns in a light gravy

(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 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 Chipotle Beef Bowl - (Calories 440 Fat 16g Carbs 36g Protein 38g)

Shredded beef in chipotle sauce with cheese, peppers, onions and corn over red potatoes

(5) XL Garlic Parm Chicken - (Calories 590 Fat 27g Carbs 56g Protein 31g)

Popcorn chicken with green beans in a garlic parmesan sauce with parmesan cheese over a kale and quinoa blend

(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 Sticky Asian Chicken - (Calories 400 Fat 8g Carbs 40g Protein 41g)

Chicken chunks in Korean BBQ sauce with snap peas over brown rice

(5) XL Street Corn Chicken - (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) Bacon Cheeseburger Pizza (BBCPZZA30) - (Calories 460 Fat 18g Carbs 53g Protein 22g)

Cauliflower crust pizza with bacon, BBQ beef and mozzarella cheese

(30) Cheese Pizza (CBRPZZA30) - (Calories 470 Fat 15g Carbs 54g Protein 25g)

Cauliflower crust pizza with tomato sauce and mozzarella cheese

(30) Sausage Pizza (PEPPZZA30) - (Calories 430 Fat 13g Carbs 56g Protein 22g)

Cauliflower crust pizza with tomato sauce, mozzarella cheese and chicken sausage crumbles

(30) Variety Pizza Box (VARPZZA30)

10 Bacon Cheeseburger, 10 Cheese, and 10 Sausage 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



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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)

Ground beef and cheese in a flaky crust

(81) BBQ Turkey Burnt End Empanada (WSTBEEMPA) - (Cal 250 F 12g/C 21g/P 15g)- 810172552135

Turkey burnt ends, cheese, and no-sugar-added BBQ sauce 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) Turkey Breakfast 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 |