

LONG LIFE MEAL PREP
NEW WEEKLY MENU 4/14-4/20 (Ship Date: 4/19)

Breakfast Entrée: \$9.25 plus tax

-Funfetti Protein Waffle: Protein: 22g Carbs: 45g Fat: 8g Calories: 340

Ingredients: Funfetti Pancake Mix, Whey Protein and Almond Milk

-Breakfast Bake (Keto Friendly): Protein: 32g Carbs: 2g Fat: 20g Calories: 316

Ingredients: Egg Whites, Eggs, Turkey Sausage, Cheddar Cheese, Green Onions and Spices

-Double Cheese Breakfast Wrap: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese , Mozzarella Cheese, Tortilla Wrap and Spices

Entree Size:

Weight Loss \$9.75 plus tax

Muscle Gain: \$10.75 plus tax

Low Carb / Keto Friendly: \$10.25 plus tax

-Taco Turkey Bowl: : Ingredients:ground turkey,brown rice, spinach,cheddar,taco seasoning, taco sauce packet

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: 36g Carbs: 12g Fat: 20g Calories:372

Ingredients:ground turkey,corn, spinach,cheddar,taco seasoning, taco sauce packet

- Sloppy Joe Bowl: Ingredients: ground beef, garlic potato mash , carrots, sloppy joe sauce, and spices

size **Weight Loss** Protein: 25g Carbs: 30g Fat: 8g Calories: 292

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 11g Calories: 439

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 11g Fat: 14g Calories: 347

Ingredients: ground beef, carrots, sloppy joe sauce, and spices

-Buffalo Chicken Bowl: Ingredients: Shredded Chicken Breast, Basmati Rice,Mixed Vegetables, Buffalo Sauce and Spices Side: Ranch Cup

size: **Weight Loss** Protein: 25g Carb: 30g Fat: 5g Calories: 265

size: **Muscle Gain** Protein: 40g Carb: 42g Fat: 8g Calories: 400

size: **Low Carb/Keto Friendly** Protein: 35g Carb: 10g Fat: 20g Calories: 380

Ingredients: Shredded Chicken Breast, Mixed Vegetables, Cheddar Cheese, Buffalo Sauce and Spices Side: Ranch Cup

-Honey BBQ Glazed Salmon: Ingredients: Wild Caught Salmon, Jasmine Rice, Asparagus, BBQ Sauce, Honey and Spices **(\$2 upcharge per bowl)**

size: **Weight Loss** Protein:29g Carbs:38g Fat:7g Calories:331

size: **Muscle Gain** Protein:43g Carbs:49g Fat:9g Calories:449

size: **Low Carb/Keto Friendly** Protein36g Carbs:12g Fat:8g Calories:264

Ingredients: Wild Caught Salmon, Asparagus, BBQ Sauce, Honey and Spices

- Orange Glazed Grilled Chicken Bowl: Ingredients: Grilled Chicken Breast, Rice Noodles, Peas, Orange Glaze Sauce, and Green Onions

size: **Weight Loss** Protein 25g Carbs 32g Fat 6g Cal 282

size: **Muscle Gain** Protein 40g Carbs 46g Fats 8g Cal 416

size: **Low Carb/Keto Friendly** Protein 32g Carbs 16g Fats 7g Cal 255

Ingredients: Grilled Chicken Breast, Peas, Orange Glaze Sauce, and Green Onions

Wraps \$10.25 plus tax

- **Taco Turkey Wrap:** Protein: 40g Carbs: 48g Fat: 18g Calories: 514
Ingredients: ground turkey, tortilla, salsa, cheddar cheese, taco seasoning
- **Sloppy Joe Wrap:** Protein: 40g Carbs: 50g Fat: 14g Calories: 500
Ingredients: lean ground beef, cheddar cheese, tortilla, sloppy joe sauce
- **Buffalo Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Calories: 486
Ingredients: Shredded Chicken, Cheddar Cheese, Tortilla Wrap, Buffalo Sauce and Spices
- **BBQ Grilled Chicken Wrap:** Protein 35g Carbs 53g Fats 15g Cal 487
Ingredients: Chicken Breast, Cheddar Cheese, BBQ Sauce, Tortilla Wrap and Spices

Snacks \$6.50 plus tax

- **Double Chocolate Protein Donut:** Protein: 24g Carbs: 27g Fat: 5g Calories: 245
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Splenda, Candy Pearls & Sugar Free Frosting
- **Yellow Cake Protein Poppers:** Protein: 24g Carbs: 27g Fat: 5g Calories: 245
Ingredients: Sugar Free Baking Mix, Chocolate, Egg Whites, Whey Protein, Coconut Oil and Splenda
- **Chocolate Coconut Brownie:** Protein: 18g Carbs: 34g Fat: 12g Calories: 316
Ingredients: sugar free brownie mix, whey protein, coconut oil, egg, almond milk, coconut, splenda
- **Harvest Berry Protein Bar:** Protein: 18g Carbs: 24g Fat: 12g Cal: 276
Ingredients: Multi Berry baking mix, whey protein, coconut oil, egg, almond milk, White Chocolate Chips
- **Vanilla Cashew Keto Cups:** Protein: 10g Carbs: 6g Fat: 35g Calories: 379
Ingredients: Organic Coconut Oil, Vanilla Whey Protein, Cashew Butter, Sugar Free Vanilla Flavoring

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

- Veggie Tacos:** Protein: 22g Carbs: 49g Fat: 14g Calories: 392
Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortillas, Cilantro, Spinach and Spices
- Buffalo ChickPea Bowl:** Protein: 12g Carbs: 50g Fat: 8g Calories: 320
Ingredients: Chickpeas, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices and a Ranch Dressing cup
- Orange Glazed Tofu Bowl:** Protein 15g Carbs 45g Fats 8g Cal 312
Ingredients: Extra Firm Tofu, Rice Noodles, Peas, Mandarin Oranges, Orange Glaze Sauce and Green Onions
- Spicy Bean and Lentil Bowl:** Protein: 16g Carbs: 64g Fat: 6g Calories: 360
Ingredients: Beans, Lentils, Sriracha, Onions, Brown Rice, Spinach and Spices