

LONG LIFE MEAL PREP

NEW WEEKLY MENU 5/5-5/11 (Ship Date 5/10)

Breakfast Entrée: \$9.25 plus tax

-Cinnamon Swirl Protein Waffle: Protein: 22g Carbs: 40g Fat: 8g Calories: 320
Ingredients: protein pancake mix, cinnamon baking mix, Whey Protein, almond milk, cinnamon

-Bacon Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Calories: 452
Ingredients: Egg Whites, Cheddar Cheese, Bacon, Tortilla Wrap and Spices

-Double Cheese Breakfast Scramble: Protein: 28g Carbs: 4g Fat: 18g Cal: 290
Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese, Spices and Hot Sauce Packet (side)

Entree Size:

Weight Loss \$9.75 plus tax

Muscle Gain: \$10.75 plus tax

Low Carb / Keto Friendly: \$10.25 plus tax

-Chicken Bacon Ranch Bowl: : Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese and Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 10g Calories: 314

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Calories: 466

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 10g Fat: 20g Calories: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese and Spices

- Philly Cheese Bowl: Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese and Spices

size **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Calories: 296

size: **Muscle Gain** Protein: 42g Carbs: 47g Fat: 14g Calories: 482

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 14g Fat: 12g Calories: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese and Spices

-Jerk Chicken Bowl: Ingredients: Grilled Chicken Breast, Basmati Rice, Mixed Vegetables, Banana Peppers, Jerk Sauce

size: **Weight Loss** Protein: 25g Carb: 30g Fat: 6g Calories: 274

size: **Muscle Gain** Protein: 40g Carb: 48g Fat: 9g Calories: 424

size: **Low Carb/Keto Friendly** Protein: 38g Carb: 12g Fat: 18g Calories: 318

Ingredients: Grilled Chicken Breast, Mixed Vegetables, Mozzarella, Banana Peppers, Jerk Sauce

-Chipotle Roasted Chicken Bowl: Ingredients: Oven Roasted Chicken, Squash, Seasoned Rice, Chipotle Sauce and Spices

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: 32g Carbs: 12g Fat: 12g Calories: 284

Ingredients: Oven Roasted Chicken, Squash, Cheddar Cheese, Chipotle Sauce and Spices

-Loaded Smash Potato Bowl: Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices. 1oz Cup of Greek Yogurt on the side

size: **Weight Loss** Protein 25g Carbs 32g Fat 9g Cal 309

size: **Muscle Gain** Protein 45g Carbs 49g Fats 12g Cal 484

size: **Low Carb/Keto Friendly** Protein 38g Carbs 14g Fats 14g Cal 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices.

1oz Cup of Greek Yogurt on the side

Wraps \$10.25 plus tax

- **Chicken Bacon Ranch Wrap:** Protein: 46g Carbs: 50g Fat: 20g Calories: 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning, Greek Yogurt and Tortilla

- **Philly Wrap:** Protein: 40g Carbs: 50g Fat: 20g Calories: 532

Ingredients: Ground beef, Green Bell Peppers, Onions, Provolone Cheese, Mozzarella Cheese and Tortilla Wrap

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

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap

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

Ingredients: Roasted Chicken, tortilla wrap, cheddar, chipotle sauce, spices

Snacks \$6.50 plus tax

- **Orange Dreamsicle Protein Donut:** Protein: 25g Carbs: 22g Fat: 5g Calories: 229

Ingredients: SUGAR FREE CAKE MIX, SUGAR FREE ORANGE JELLO, VANILLA WHEY PROTEIN, EGG WHITES and SUGAR FREE PROTEIN FROSTING

- **Chocolate Toffee Protein Poppers:** Protein: 24g Carbs: 40g Fat: 9g Calories: 337

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Toffee Pieces

- **Very Vanilla Protein Pudding:** Protein: 22g Carbs: 16g Fat: 8g Calories: 220

Ingredients: greek yogurt, sugar free pudding mix

- **Caramel Pretzel Protein Brownie:** Protein: 24g Carbs: 36g Fat: 8g Cal: 312

Ingredients: Sugar Free Baking Mix, Chocolate Whey Protein, Eggs, Pretzels and Sugar Free Caramel Syrup

- **White Chocolate Almond Butter Keto Cups:** Protein: 10g Carbs: 6g Fat: 35g Calories: 379

Ingredients: Organic Coconut Oil, Whey Protein, Spiced Almond Butter, Sugar Free Flavoring

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

Jerk ChickPea Bowl: Protein: 18g Carbs: 47g Fat: 4g Calories: 296

Ingredients: Chick Peas, Basmati Rice, Vegetables, Banana Peppers, Jerk Sauce and Spices

Chipotle Tofu Bowl: Protein: 19g Carbs: 59g Fat: 16g Calories: 456

Ingredients: Seasoned Rice, Grilled Squash, Tofu, Chipotle Sauce

Veggie Loaded Smash Potato Bowl: Protein 16g Carbs 50g Fats 12g Cal 372

Ingredients: Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning and Spices.

1oz Cup of Greek Yogurt on the side

Lemon Pepper Grain & Veggie Bowl: Protein: 14g Carbs: 47g Fat: 5g Calories: 229

Ingredients: Grilled Zucchini Squash, Diced Sweet Potato, Broccoli, Onions, Quinoa, Lentils, Rosemary, Lemon, Spices