

LONG LIFE MEAL PREP
NEW WEEKLY MENU 5/19-5/25 (Ship Date: 5/24)

Breakfast Entrée: \$9.25 plus tax

-Cranberry Orange Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Calories: 320
Ingredients: protein pancake mix, cranberry orange baking mix ,cranberries, orange zest,almond milk

-Turkey Sausage Scramble: Protein: 28g Carbs: 4g Fat: 17g Calories: 281
Ingredients: Egg Whites, Cheddar Cheese, Turkey Sausage and Spices

-Bacon Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 452
Ingredients: Egg Whites, Bacon, Cheddar 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

-Kickin Cajun Chicken: : Ingredients:shredded chicken,basmati rice,Broccoli & kickin cajun sauce
size: **Weight Loss** Protein: 28g Carbs: 32g Fat: 3g Calories: 267
size: **Muscle Gain** Protein: 42g Carbs: 48g Fat:6g Calories: 414
size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat:8g Calories: 240
Ingredients:shredded chicken,Broccoli, Cheddar & kickin cajun sauce

- Turkey Meatloaf Bowl: Ingredients:ground turkey loaf,garlic mash,peas ,tangy tomato sauce,spices
size **Weight Loss** Protein: 27g Carbs: 37g Fat: 6g Calories: 310
size: **Muscle Gain** Protein: 40g Carbs: 47g Fat: 9g Calories: 429
size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fat: 10g Calories: 270
Ingredients:ground turkey loaf,peas ,tangy tomato sauce,spices

-Beef Stroganoff Bowl: Ingredients: Ground Beef, Orzo, Green Beans,Creamy Mushroom Sauce,
Garlic and Spices
size: **Weight Loss** Protein: 25g Carb: 36g Fat: 9g Calories: 325
size: **Muscle Gain** Protein: 40g Carb: 48g Fat: 14g Calories: 478
size: **Low Carb/Keto Friendly** Protein: 34g Carb: 12g Fat: 10g Calories: 322
Ingredients: Ground Beef,Green Beans,Creamy Mushroom Sauce, Garlic and Spices

-Sweet Chili Chicken Bowl: Ingredients: grilled chicken breast, california blend vegetables,,basmati rice,bell
peppers, sweet chili sauce, spices
size: **Weight Loss** Protein:25g Carbs:35g Fat:6g Calories:294
size: **Muscle Gain** Protein:40g Carbs:43g Fat:8g Calories:404
size: **Low Carb/Keto Friendly** Protein34g Carbs:15g Fat:18g Calories:318
Ingredients: grilled chicken breast, california blend vegetables,,mozzarella cheese, bell peppers, sweet chili sauce, spices

- Ginger Glazed Tilapia w/ Fried Rice: Ingredients: Tilapia, Basmati Rice, Mixed Vegetables, Egg, Garlic
Ginger Soy Sauce and Spices
size: **Weight Loss** Protein 25g Carbs 32g Fat 4g Cal 259
size: **Muscle Gain** Protein 40g Carbs 46g Fats 6g Cal 398
size: **Low Carb/Keto Friendly** Protein 34g Carbs 12g Fats 5g Cal 229
Ingredients: Tilapia, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce and Spices

Wraps \$10.25 plus tax

- **Turkey Burger Wrap:** Protein: 44g Carbs: 48g Fat: 16g Calories: 512
Ingredients: ground turkey, tortilla wrap, cheddar, onion, spicy sriracha, bbq sauce, spices
- **Sweet Chili Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 12g Calories: 486
Ingredients: grilled chicken breast, mozzarella cheese, bell peppers, sweet chili sauce, tortilla, spices
- **Kickin Cajun Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Calories: 486
Ingredients: chicken breast, kickin cajun sauce, cheddar cheese, and tortilla
- **Sweet and Spicy Beef Wrap:** Protein 40g Carbs 54g Fats 14g Cal 500
Ingredients: Lean Ground Beef, Mozzarella Cheese, Spinach Wrap, BBQ Sauce and Cayenne Pepper

Snacks \$6.50 plus tax

- **Butterfinger Protein Donut:** Protein: 24g Carbs: 40g Fat: 9g Calories: 337
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil and Butterfinger candy
- **Strawberry Shortcake Protein Poppers:** Protein: 24g Carbs: 21g Fat: 5g Calories: 217
Ingredients: sugar free baking mix, sugar free jello, egg white, whey protein, coconut oil, strawberry extract
- **Chocolate Chip Protein Bar:** Protein: 23g Carbs: 35g Fat: 12g Calories: 340
Ingredients: High Protein Whole Grain Baking Mix, Almond Milk, Coconut Oil, Eggs, Chocolate Chips and Whey Protein
- **Vanilla Peanut Butter Keto Fudge:** Protein: 12g Carbs: 7g Fat: 28g Cal: 328
Ingredients: Coconut Oil, Peanut Butter, Vanilla Whey Protein, Sugar Free Vanilla Flavoring
- **Double Dark Chocolate Keto Cups:** Protein: 10g Carbs: 6g Fat: 35g Calories: 379
Ingredients: Organic Coconut Oil, Whey Protein, Chocolate Almond Butter, Sugar Free Flavoring, keto chocolate chips

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

- Sweet Chili Chick Pea Bowl:** Protein: 19g Carbs: 59g Fat: 16g Calories: 456
Ingredients: chick peas, basmati rice, bell peppers, sweet chili sauce, spices
- Ginger Glazed Tofu Bowl:** Protein: 15g Carbs: 45g Fat: 8g Calories: 312
Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Veggies, Egg, Garlic Ginger Soy Sauce
- Veggie Tacos:** Protein 22g Carbs 49g Fats 14g Cal 392
Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortillas, Cilantro, Spinach and Spices
- Black Bean Burger with Garlic Mash:** Protein: 16g Carbs: 55g Fat: 3g Calories: 311
Ingredients: Black bean, bell pepper, potato, sweet chili sauce, garlic, oatmeal, bread crumbs, spices
(Side of Spicy Ketchup)