

LONG LIFE MEAL PREP
NEW WEEKLY MENU 9/15-9/21 Ship Date: 9/20

Breakfast Entrée: \$9.25 plus tax

-Cranberry-Orange Protein Waffle: Protein: 22g Carbs: 40g Fat: 8g Calories: 320
Ingredients: Protein Pancake Mix, Cranberry Orange baking mix, cranberries, orange zest, Almond Milk

-Turkey Sausage Breakfast Scramble: Protein: 28g Carbs: 4g Fat: 17g Calories: 281
Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese, Turkey Sausage and Spices
Size: Low Carb (Keto)

-Double Cheese Breakfast Wrap: Protein: 28g Carbs: 49g Fat: 16g Cal: 452
Ingredients: Egg Whites, Cheddar Cheese, Mozzarella, 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

-Loaded Smash Potato Bowl: Ingredients: Ground Turkey, potato, Cheddar Cheese, Green Beans, Chili Beans, Chili Seasoning and Spices

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

size: **Muscle Gain** Protein: 45g Carbs: 49g Fat: 12g Calories: 484

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 14g Fat: 14g Calories: 334

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

- Jerk Chicken Bowl: Ingredients: Grilled Chicken, Basmati Rice, Broccoli, Banana Peppers and Jerk Sauce
size **Weight Loss** Protein: 25g Carbs: 30g Fat: 6g Calories: 274

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

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

Ingredients: Grilled Chicken, Mozzarella, Broccoli, Banana Peppers, Spices and Jerk Sauce

-BBQ Shredded Chicken with Bacon Mac Bowl: Ingredients: Shredded Chicken Breast, Pasta, Mixed Vegetables, Cheese Sauce, Bacon, BBQ Sauce and Spices

size: **Weight Loss** Protein: 24g Carb: 40g Fat: 10g Calories: 346

size: **Muscle Gain** Protein: 40g Carb: 52g Fat: 14g Calories: 494

size: **Low Carb/Keto Friendly** Protein: 34g Carb: 15g Fat: 16g Calories: 340

Ingredients: Shredded Chicken Breast, Mixed Vegetables, Cheese, Bacon, BBQ Sauce and Spices

-Beef Teriyaki Bowl: Ingredients: Ground Beef, Brown Rice, Teriyaki Sauce, Sesame Seeds, Broccoli, and Spices

size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 8g Calories: 284

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 12g Calories: 460

size: **Low Carb/Keto Friendly** Protein: 30g Carbs: 12g Fat: 12g Calories: 296

Ingredients: Ground Beef, Teriyaki Sauce, Sesame Seeds, Broccoli, and 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 (\$1.00 upcharge)

size: **Muscle Gain** Protein: 40g Carbs: 46g Fats: 6g Cal: 398 (\$1.00 upcharge)

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 12g Fats: 5g Cal: 229 (\$1.00 upcharge)

Ingredients: Tilapia, Mixed Vegetables, Egg, Garlic Ginger Soy sauce and Spices

Wraps \$10.25 plus tax

- **Jerk Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Calories: 486
Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap and Spices
- **BBQ Shredded Chicken Wrap:** Protein: 34g Carbs: 50g Fat:16g Calories: 480
Ingredients: Shredded Chicken Breast, Tortilla Wrap, BBQ Sauce, Cheddar Cheese and Spices
- **Philly Cheese Wrap:** Protein: 40g Carbs: 50g Fat: 20g Calories: 532
Ingredients: Ground Beef, Green Bell Peppers, Onions, Provolone Cheese, Mozzarella Cheese and Tortilla Wrap
- **Turkey Chili Wrap:** Protein 35g Carbs 53g Fat: 15g Cal 487
Ingredients: Ground Turkey, Cheddar Cheese, Tortilla Wrap, Beans, Chili Sauce and Spices

Snacks \$6.50 plus tax

- **Pumpkin Spice w/Pecan Crumble Donut:** Protein: 24g Carbs: 24g Fat: 8g Calories: 268
Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Pumpkin, Pecan, Coconut Oil and Pumpkin Spice
- **Very Vanilla Protein Popper:** Protein: 22g Carbs: 23g Fat: 8g Calories: 252
Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Coconut Oil and Vanilla Extract
- **Chocolate Protein Pudding:** Protein: 22g Carbs: 16g Fat: 8g Calories: 220
Ingredients: Greek Yogurt and Sugar Free Chocolate Pudding Mix
- **Salted Caramel Keto Fudge:** Protein: 12g Carbs: 7g Fat: 28g Cal: 328 (keep cold)
Ingredients: Coconut Oil, Peanut Butter, Sugar Free Caramel, Whey Protein, Sugar Free Vanilla Flavoring, Salt
- **Apple Pie Protein Bar:** Protein: 20g Carbs: 40g Fat: 8g Calories: 312
Ingredients: Apple Cinnamon Baking Mix, Apples, Whey Protein, Egg, Spices

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

- Jerk Spiced Chickpea Bowl:** Protein: 18g Carbs: 47g Fat: 4g Calories: 296
Ingredients: Chickpeas, Basmati Rice, Broccoli, Banana Peppers, Jerk Sauce and Spices
- Veggie Loaded Potato Bowl:** Protein: 16g Carbs: 50g Fat: 12g Calories: 372
Ingredients: Smashed Potato, Cheddar, Green Beans, Chili Beans, Chili Seasoning and Spices. Side of 1 oz Greek Yogurt
- Ginger Glazed Tofu Bowl w/ Fried Rice:** Protein 15g Carbs 45g Fat: 8g Cal 312
Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Veggies, Egg, Garlic Ginger Soy sauce
- Grilled Cauliflower Steak Bowl:** Protein: 9g Carbs: 67g Fat: 5g Calories: 349
Ingredients: Cauliflower, Sweet Potato Mash, Green Beans and Spices