

LONG LIFE MEAL PREP

NEW WEEKLY MENU 08/17 – 08/23 (Ship Date 08/22)

Breakfast Entrée: \$9.25 plus tax

- **Buttermilk Protein Waffles with PB&J:** Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Almond Milk with Peanut Butter (side) Jelly (side) Sugar Free Syrup (side)

- **Bacon Breakfast Scramble:** Protein: 32g Carbs: 2g Fat: 16g Calories: 280

Ingredients: Egg Whites, Cheddar Cheese, Bacon and Spices

Size: Low Carb (Keto)

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

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

- **Protein Oat Bowl: Chocolate Lovers:** Protein: 31g Carbs: 36g Fat: 10g Calories: 278

Ingredients: Oats, Chocolate Whey Protein, Sugar Free Chocolate Chips (Just Add Water Or Milk & Heat)

- **Protein Oat Bowl: Vanilla Cinnamon:** Protein: 31g Carbs: 36g Fat: 10g Calories: 278

Ingredients: Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips (Just Add Water Or Milk & Heat)

- **Protein Oat Bowl: Trail Mix:** Protein: 34g Carbs: 40g Fat: 15g Calories: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water Or Milk & Heat)

Entree Size:

Weight Loss \$9.75 plus tax

Muscle Gain: \$10.75 plus tax

Low Carb / Keto Friendly: \$10.25 plus tax

Lean N Green: \$14.75 plus tax

Turkey Burger: \$12.75 plus tax

- **Lasagna Bowl:** Ingredients: Ground Beef, Pasta, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce and Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 14g Calories: 374

size: **Muscle Gain** Protein: 48g Carbs: 42g Fat: 18g Calories: 490

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fat: 14g Calories: 306

Ingredients: Ground Beef, Zucchini, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Marinara Sauce and Spices

- **Mesquite Grilled Chicken Bowl:** Ingredients: Grilled Chicken Breast, Mixed Vegetables, Sweet Potatoes and Spices

size: **Weight Loss** Protein: 25g Carbs: 27g Fat: 3g Cal: 235

size: **Muscle Gain** Protein: 40g Carbs: 40g Fats: 5g Cal: 365

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 12g Fats: 14g Cal: 318

Ingredients: Grilled Chicken Breast, Mixed Vegetables, Cheddar Cheese and Spices

- **Rosemary Chicken Bowl:** Ingredients: Herb Roasted Chicken Breast, Quinoa, Kale and Rosemary Sauce

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 3g Cal: 267

size: **Muscle Gain** Protein: 40g Carbs: 55g Fats: 5g Cal: 425

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fats: 12g Cal: 284

Ingredients: Herb Roasted Chicken Breast, Olive Oil, Kale and Rosemary Sauce

- **Kickin Cajun Chicken Bowl:** Ingredients: Shredded Chicken Breast, Basmati Rice, Broccoli, Kickin Cajun Sauce

size: **Weight Loss** Protein 28g Carbs 32g Fats 3g Cal 267

size: **Muscle Gain** Protein 42g Carbs 48g Fats 6g Cal 414

size: **Low Carb/Keto Friendly** Protein 32g Carbs 10g Fats 8g Cal 240

Ingredients: Shredded Chicken Breast, Broccoli, Cheddar Cheese, Kickin Cajun Sauce

- **Turkey Meatloaf with Garlic Mash:** Ingredients: Ground Turkey Loaf, Garlic Mash, Green Beans, Tangy Tomato Sauce and 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, Green Beans, Tangy Tomato Sauce and Spices

- **Shrimp with Sweet Chili Sauce & Sauteed Broccoli:** Ingredients: Shrimp, Broccoli, Sweet Chili Sauce, Bell Peppers and Spices

size: **Lean N Green (Low Carb)** Protein: 30g Carbs: 17g Fat: 8g Calories: 260

- **Turkey Burger with Sweet Potato Mash:** Ingredients: Ground Turkey, Sweet Potato, Onions, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup)

size: **Muscle Gain:** Protein: 40g Carbs: 40g Fat: 9g Calories: 401

Wraps \$10.25 plus tax

- **Italian Beef Wrap:** Protein 40g Carbs 50g Fat: 18g Cal 522
Ingredients: Ground Beef, Mozzarella Cheese, Parmesan Cheese, Tortilla Wrap, Marinara Sauce and Spices
- **Mesquite Chicken Wrap:** Protein: 34g Carbs: 50g Fat: 10g Calories: 426
Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap and Spices
- **Kickin Cajun Chicken Wrap:** Protein 42g Carbs 48g Fats 14g Cal 866
Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce
- **Turkey Meatloaf Wrap:** Protein 44g Carbs 48g Fat: 16g Cal 512
Ingredients: Turkey Meatloaf, Tortilla Wrap, Mozzarella Cheese, Tangy Tomato sauce and spices

Snacks \$6.50

- **Caramel Toffee Protein Donut:** Protein: 24g Carbs: 40g Fat: 9g Calories: 337
Ingredients: Sugar Free Cake Mix, Egg Whites, Whey Protein, Coconut Oil, Heath Bar and Sugar Free Caramel
- **Strawberry Lemonade Protein Popper:** Protein: 24g Carbs: 21g Fat: 5g Calories: 217
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Sugar Free Jello, Coconut Oil, Strawberry Extract, Lemon Extract
- **Low Carb Vanilla Raspberry Protein Pudding:** Protein: 22g Carbs: 22g Fats: 8g Calories: 242
Ingredients: Greek Yogurt, Raspberries, Almond Milk, Sugar Free Pudding Mix, Raspberry Swirl
- **Chocolate Coconut Protein Brownie:** Protein: 18g Carbs: 34g Fat: 12g Cal: 316
Ingredients: Coconut Oil, Almond Milk, Sugar Free Brownie Mix, Whey Protein, Eggs, Coconut and Splenda
- **Cherry Chocolate Energy Bites:** Protein: 25g Carbs: 24g Fat: 22g Calories: 394
Ingredients: Dried Cherries, Oats, Vegan Protein Powder, Chia Seeds and Peanut Butter

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

- Veggie Lasagna Bowl:** Protein 16g Carbs 49g Fat: 14g Cal 386
Ingredients: Zucchini, Mozzarella Cheese, Pasta, Marinara Sauce, Greek Yogurt, Parmesan Cheese, Spinach and Spices
- Rosemary Chick Pea Bowl:** Protein 18g Carbs 40g Fat: 8g Cal 304
Ingredients: Roasted Chick Peas, Quinoa, Kale, Olive Oil, Rosemary and Spices
- Chipotle Chickpea Bowl:** Protein: 19g Carbs: 59g Fat: 16g Calories: 456
Ingredients: Chickpea, Seasoned Basmati Rice, Bell Pepper, Squash, Chipotle Sauce and Spices
- Cauliflower Nuggets w/ Home Fries:** Protein: 10g Carbs: 59g Fat: 6g Calories: 330
Ingredients: Cauliflower, Potatoes, Green Beans, Spices and Corn Starch
- *Fresh Veggies w/ Roasted Red Pepper Hummus :** Protein: 8g Carbs: 24g Fat: 12g Calories: 236
Ingredients: Carrots, Celery, Broccoli, Gourmet Roasted Red Pepper Hummus (**\$7.25**)

Long Life Kid Meals \$8.25 plus tax

- Chicken Taco Melt w/ Sweet Corn:** Protein: 16g Carbs: 32g Fat: 8g Calories: 264
Ingredients: Basmati Rice, Shredded Chicken, Sweet Corn, Cheddar, Taco Seasoning (Juice Box, Protein Popper)
- Spaghetti Bowl w/ Green Beans:** Protein: 14g Carbs: 36g Fat: 4g Calories: 236
Ingredients: Noodles, Ground Turkey, Marinara, Green Beans, Parmesan, Spices (Juice Box, Protein Popper)
- Cheesy Burger Mac:** Protein: 15g Carbs: 37g Fat: 9g Calories: 289
Ingredients: Pasta, Ground Beef, Broccoli, Cheese Sauce, Cheddar, Spices (Juice Box, Protein Popper)

Gourmet Nut Butters \$11.20 plus tax

- Cinnamon Spice Almond Butter:** Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180
Ingredients: Almonds, Cinnamon, Spices
- Chocolate Almond Butter:** Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Calories: 190
Ingredients: Almonds, Coconut Oil, Cocoa
- Honey Cinnamon Peanut Butter:** Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180
Ingredients: Peanuts, Honey, Cinnamon