

LONG LIFE MEAL PREP

NEW WEEKLY MENU 08/10 – 08/16 (Ship Date: 08/15)

Breakfast Entrée: \$9.25 plus tax

- **Apple Cinnamon Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Almond Milk, Apple Cinnamon Baking Mix and Cinnamon

- **Turkey Sausage Breakfast Scramble:** Protein: 28g Carbs: 4g Fat: 17g Calories: 281

Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese and Spices

Size: Low Carb (Keto)

- **Breakfast Burrito:** Protein: 38g Carbs: 49g Fat: 16g Cal: 492

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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 \$9.755 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

- **Shepard's Pie Bowl:** Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese and Spices

size **Weight Loss** Protein: 25g Carbs: 33g Fat: 12g Calories: 340

size: **Muscle Gain** Protein: 39g Carbs: 46g Fat: 14g Calories: 472

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 16g Fat: 13g Calories: 321

Ingredients: Lean Ground Beef, Cauliflower Mash, Mixed Vegetables, Cheddar Cheese 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

- **Italian Turkey w/ Ziti:** Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Parmesan Cheese and Spices

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Calories: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Calories: 463

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 13g Fat: 14g Calories: 306

Ingredients: : Ground Turkey, Mozzarella, Zucchini, Marinara, Parmesan Cheese and Spices

- **Buffalo Shredded Chicken Bowl:** Ingredients: Shredded Chicken Breast, Basmati Rice, Mixed Vegetables, Buffalo Sauce and Spices (Ranch cup on the side)

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 (Ranch cup on the side)

- **Jerk Chicken Bowl:** Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, 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, Green Beans, Banana Peppers, Spices and Jerk Sauce

- **Thai Peanut Chicken Bowl:** Ingredients: Chicken Breast, Mixed Vegetables, Basmati Rice, Thai Peanut Sauce and Spices

size: **Weight Loss** Protein: 28g Carbs: 35g Fat: 8g Calories: 324

size: **Muscle Gain** Protein: 45g Carbs: 50g Fat: 11g Calories: 479

size: **Low Carb/Keto Friendly** Protein: 33g Carbs: 14g Fat: 18g Calories: 350

Ingredients: : Chicken Breast, Mixed Vegetables, Thai Peanut 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

- **BBQ Beef Wrap:** Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap and BBQ Sauce

- **Italian Turkey Wrap:** Protein 40g Carbs 50g Fat: 18g Calories: 522

Ingredients: Ground Turkey, Mozzarella, Parmesan, Marinara Sauce, Spices and Tortilla Wrap

- **Buffalo Chicken Wrap:** Protein 42g Carbs 48g Fat: 14g Cal 486

Ingredients: Shredded Chicken, Cheddar Cheese, Tortilla Wrap, Buffalo Sauce and Spices

- **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

- **Thai Peanut Chicken Wrap:** Protein: 38g Carbs: 52g Fat: 14g Calories: 486

Ingredients: Chicken Breast, Shredded Carrots, Thai Peanut Sauce, Spices and Whole Grain Tortilla Wrap

Snacks \$6.50

- **Orange Dreamsicle Protein Donut:** Protein: 25g Carbs: 22g Fat: 5g Calories: 229 (2 Donuts)

Ingredients: Sugar Free Cake Mix, Egg Whites, Vanilla Whey Protein, Sugar Free Orange Jello, Orange Extract and Sugar Free Protein Frosting

- **Red Velvet Protein Popper:** Protein: 24g Carbs: 27g Fat: 5g Calories: 245

Ingredients: Red Velvet Baking Mix, Whey Protein, Coconut Oil, Egg Whites, Red Velvet Flavoring and White Chocolate Chips

- **Low Carb Cherry Cheesecake:** Protein: 22g Carbs: 18g Fat: 5g Calories: 205

Ingredients: Greek Yogurt, Cherries, Sugar Free Cheesecake Flavoring, Sugar Free Cherry Jello and Graham Cracker Crumble

- **Banana Nut Protein Bar with Caramel Drizzle:** Protein: 18g Carbs: 29g Fat: 12g Calories: 296

Ingredients: Banana Nut Protein Baking Mix, Whey Protein, Eggs, Almond Milk, Walnuts and Sugar Free Caramel Sauce

- **White Chocolate Almond Energy Bites:** Protein: 15g Carbs: 34g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Keto White Chocolate Chips, Sliced Almonds, Chia Seeds

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

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

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

Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce and Spices

Italian Chickpea Spaghetti: Protein 16g Carbs 50g Fat: 12g Cal 374

Ingredients: Chickpeas, Pasta, Marinara, Mozzarella, Garlic, Spices and Spinach

Vegetarian Tacos: Protein: 22g Carbs: 49g Fat: 14g Calories: 392

Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortillas, Cilantro, Spinach and Spices

Mediterranean Vegan Wrap: Protein 22g Carbs 65g Fat: 8g Cal 420

Ingredients: Tomato Basil Tortilla Wrap, Hummus, Sun Dried Tomatoes, Roasted Red Peppers, Chickpeas, and Spinach

Fresh Veggies w/ Gourmet Roasted Red Pepper Hummus: Protein: 8g Carbs: 24g Fat: 12g Calories: 236

Ingredients: Carrots, Celery, Broccoli, Gourmet Roasted Red Pepper Hummus

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