

LONG LIFE MEAL PREP

NEW WEEKLY MENU 08/24 – 08/30 (Ship Date:08/29)

Breakfast Entrée: \$9.25 plus tax

-Triple Berry Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Almond Milk, Triple Berry Baking Mix

- Crustless Quiche : Protein: 28g Carbs: 4g Fat: 19g Calories: 299

Ingredients: Egg Whites, Eggs, Cheddar Cheese, Spinach, Parmesan Cheese, Mozzarella Cheese, Milk, Green Onions, Ham, Spices
Size: Low Carb (Keto)

- Turkey Sausage Breakfast Burrito: Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Turkey Sausage, Cheddar 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

- Cheeseburger Bowl: Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup and Mustard

size: **Weight Loss** Protein: 28g Carbs: 30g Fat: 12g Calories: 340

size: **Muscle Gain** Protein: 48g Carbs: 45g Fat: 16g Calories: 516

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 10g Fat: 20g Calories: 364

Ingredients: Ground Beef, Green Beans, Cheddar Cheese, Onions, Dill Pickles, Ketchup and Mustard

- Chicken “n” Biscuit Bowl: Ingredients: Chicken Breast, Potato Mash, Mixed Vegetables, Gravy, Biscuit and spices

size **Weight Loss** Protein: 25g Carbs: 28g Fat: 5g Calories: 257

size: **Muscle Gain** Protein: 40g Carbs: 42g Fat: 8g Calories: 400

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 5g Calories: 253

Ingredients: Chicken Breast, Cauliflower Mash, Mixed Vegetables, Gravy and spices

- Chipotle Grilled Chicken Bowl: Ingredients: Grilled Chicken, Sauteed Squash, Season Rice, Chipotle Sauce and Spices

size: **Weight Loss** Protein: 25g Carbs: 25g Fat: 11g Cal: 299

size: **Muscle Gain** Protein: 40g Carbs: 40g Fats: 16g Cal: 464

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

Ingredients: Grilled Chicken, Sauteed Squash, Cheddar, Chipotle Sauce and Spices

- Teriyaki Chicken Bowl: Ingredients: Chicken Breast, Basmati Rice, Mixed Veggies, Soy Sauce, Teriyaki Sauce and spices

size **Weight Loss** Protein: 26g Carbs: 32g Fat: 5g Calories: 277

size: **Muscle Gain** Protein: 40g Carbs: 44g Fat: 8g Calories: 408

size: **Low Carb/Keto Friendly** Protein: 31g Carbs: 15g Fat: 7g Calories: 247

Ingredients: Chicken Breast, Mixed Veggies, Soy Sauce, Teriyaki Sauce and spices

- Turkey Meatball Bowl: Ingredients: Ground Turkey Meatballs, Spaghetti Noodles, Marinara Sauce, Spinach, Parmesan Cheese, Parmesan Cheese and Spices

size **Weight Loss** Protein: 28g Carbs: 34g Fat: 8g Calories: 330

size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 10g Calories: 450

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

Ingredients: Ground Turkey Meatballs, Zucchini, Marinara Sauce, Spinach, Mozzarella Cheese, Parmesan Cheese 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

- **Cheeseburger Wrap:** Protein: 40g Carbs: 48g Fat: 18g Calories: 514
Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, Dill pickles, Onions, Ketchup and Mustard
- **BBQ Shredded Chicken Wrap:** Protein 34g Carbs 50g Fat: 16g Calories: 480
Ingredients: Shredded Chicken, Cheddar Cheese, BBQ Sauce, Spices and Tortilla Wrap
- **Grilled Chipotle Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 12g Calories: 486
Ingredients: Grilled Chicken Breast, Cheddar Cheese, Chipotle Sauce and Tortilla Wrap
- **Turkey Meatball Wrap:** Protein: 44g Carbs: 48g Fat: 16g Calories: 512
Ingredients: Ground Turkey, Tortilla Wrap, Parmesan Cheese, Mozzarella Cheese, Marinara Sauce, Spices

Snacks \$6.50

- **Yellow Cake w/ Chocolate Drizzle Protein Donut:** Protein: 24g Carbs: 27g Fat: 5g Calories: 245
Ingredients: Sugar Free Cake Mix, Egg Whites, Whey Protein, Coconut Oil, Splenda and Sugar free Chocolate
- **Chocolate Chip Protein Popper:** Protein: 21g Carbs: 32g Fat: 10g Calories: 302
Ingredients: High Protein Whole Grain Baking Mix, Whey Protein, Coconut Oil, Eggs, Almond Milk, Sugar Free Chocolate Chips
- **Pistachio Protein Pudding:** Protein: 24g Carbs: 10g Fat: 8g Calories: 208
Ingredients: Greek Yogurt, Sugar Free Pudding Mix and Almond Milk
- **Blueberry Muffin Protein Bar:** Protein: 20g Carbs: 24g Fat: 12g Calories: 284
Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk and White Chocolate Chips
- **Dark Chocolate Mint Keto Fudge:** Protein: 12g Carbs: 7g Fat: 28g Cal: 328
Ingredients: Coconut Oil, Sugar Free Chocolate flavoring, Whey Protein, Sugar Free Dark Chocolate, Keto Mint Chips (KEEP COLD)
- **Almond Joyish Energy Bites:** Protein: 15g Carbs: 34g Fat: 22g Calories: 394
Ingredients: Peanut Butter, Oats, Chocolate Whey Protein, Coconut, Sliced Almonds, Chia Seeds

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

- Teriyaki Tofu Bowl:** Protein: 15g Carbs: 45g Fat: 8g Calories: 312
Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Veggies, Sesame Seeds and Teriyaki Sauce
- Black Bean Burger w/ Sweet Potato Mash:** Protein: 16g Carbs: 55g Fat: 3g Calories: 311
Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats and Spices (Side of Ketchup)
- Spicy Bean and Lentil Bowl:** Protein 16g Carbs 64g Fat: 6g Cal 360
Ingredients: Beans, Lentils, Onions, Brown Rice, Spinach, Sriracha and Spices
- Roasted Veggie Skillet:** Protein: 16g Carbs: 47g Fat: 5g Calories: 213
Ingredients: Roasted Red Potato, Onions, Bell Peppers, Kale, Carrots and Mushrooms with herbs and spices
- *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 Kids Meals \$8.25 plus tax

- Chicken Taco Melt w/ Sweet Corn:** Protein 16g Carbs 32g Fat: 8g Cal 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 Cal 236
Ingredients: Noodles, Ground Turkey, Maranira, Green Beans, Parmesan, Spices (Juice Box, Protein Popper)
- Cheesy Burger Mac Bowl:** Protein: 15g Carbs: 37g Fat: 9g Calories: 289
Ingredients: Pasta, Ground Beef, Broccoli, Cheddar, Cheese Sauce and 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

