

LONG LIFE MEAL PREP
NEW WEEKLY MENU 09/28 – 10/04 (Ship Date:10/03)

Breakfast Entrée: \$9.25 plus tax

- **Cinnamon Raisin Protein Waffles:** Protein: 22g Carbs: 50g Fat: 8g Calories: 360
Ingredients: Protein Pancake Mix, Almond Milk, Raisins, Cinnamon and Almond Milk
- **Breakfast Bake (GF):** Protein: 32g Carbs: 2g Fat: 20g Calories: 316
Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese, Green Onions and Spices
Size: Low Carb (Keto)
- **Egg White, Ham and Cheese Wrap:** Protein: 40g Carbs: 47g Fat: 12g Cal: 452
Ingredients: Egg Whites, Ham, Cheddar Cheese, Salsa, Tortilla Wrap and Spices
- **Fruit & Yogurt Parfait (12 oz):** Protein: 16g Carbs: 42g Fat: 6g Calories: 286
Ingredients: Nonfat Vanilla Yogurt, Blueberries, Strawberries, Raspberries, Fruit & Nut granola
- **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: \$910.75 plus tax

Low Carb / Keto Friendly: \$10.25 plus tax

Lean N Green: \$14.75 plus tax

Turkey Burger: \$12.75 plus tax

- **Lemon Pepper Chicken Bowl (DF):** Ingredients: Chicken Breast, Orzo, Peas, Lemon Pepper sauce, Olive Oil and Spices
size: **Weight Loss (GF)** Protein: 28g Carb: 38g Fat: 5g Calories: 309
size: **Muscle Gain (GF)** Protein: 42g Carb: 50g Fat: 8g Calories: 440
size: **Low Carb/Keto Friendly** Protein: 32g Carb: 15g Fat: 8g Calories: 276
Ingredients: Chicken Breast, Peas, Lemon Pepper, Olive Oil and Spices
- **Sloppy Joe Bowl (GF):** Ingredients: Ground Beef, Garlic Mash, Sloppy Joe Sauce, Carrots and Spices
size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 8g Calories: 292
size: **Muscle Gain (DF)** Protein: 35g Carbs: 11g Fat: 14g Calories: 347
size: **Low Carb/Keto Friendly** Protein: 25g Carbs: 30g Fat: 8g Calories: 292
Ingredients: Ground Beef, Carrots, Cheddar, Sloppy Joe Sauce and Spices
- **Jerk Chicken Bowl (GF):** Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers and Jerk Sauce
size **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 6g Calories: 274
size: **Muscle Gain (DF)** 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
- **Cheesy Chicken Bake (GF):** Ingredients: Seasoned Shredded Chicken, Basmati Rice, Broccoli, Cheddar Cheese and Spices
size: **Weight Loss** Protein: 28g Carbs: 32g Fat: 11g Calories: 339
size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 14g Calories: 486
size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 13g Calories: 285
Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese and Spices
- **Honey Garlic Turkey Bowl (GF, DF):** Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers and Honey Garlic Glaze
size: **Weight Loss** Protein: 26g Carb: 29g Fat: 6g Calories: 274
size: **Muscle Gain** Protein: 40g Carb: 41g Fat: 8g Calories: 388
size: **Low Carb/Keto Friendly** Protein: 32g Carb: 11g Fat: 7g Calories: 271
Ingredients: Ground Turkey, Green Beans, Onions, Bell Peppers and Honey Garlic Glaze
- **Shrimp with Sweet Chili Sauce & Sauteed Broccoli (GF, DF):** 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 (GF, DF):** 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

GF = Gluten Free

DF = Dairy Free

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, Cheddar Cheese, BBQ Sauce, Spices and Tortilla Wrap
- **Sloppy Joe Wrap:** Protein: 40g Carbs: 54g Fat: 14g Calories: 500
Ingredients: Lean Ground Beef, Cheddar Cheese, Tortilla Wrap and Sloppy Joe Sauce
- **Pizza Wrap:** Protein: 40g Carbs: 50g Fat: 18g Calories: 522
Ingredients: Ground Turkey, Pepperoni, Marinara Sauce, Mozzarella Cheese, Parmesan Cheese, Tortilla Wrap and Italian Seasoning

Snacks \$6.50

- **Marble Cake Protein Donut:** Protein: 24g Carbs: 17g Fat: 5g Calories: 205
Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Coconut Oil, Splenda and Chocolate Chips
- **Pumpkin Spice Protein Popper:** Protein: 24g Carbs: 24g Fat: 8g Calories: 268
Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Eggs, Pumpkin and Pecans
- **Banana Creme Protein Pudding:** Protein: 22g Carbs: 16g Fat: 8g Calories: 220
Ingredients: Greek Yogurt, Sugar Free Banana Pudding Mix, Splenda and Vanilla Wafers
- **Apple Pie Protein Bar:** Protein: 20g Carbs: 40g Fat: 8g Calories: 312
Ingredients: Apple Cinnamon Baking Mix, Whey Protein, Eggs, Apples and spices
- **Chocolate PB Energy Bites (Vegan, GF, DF):** Protein: 25g Carbs: 24g Fat: 22g Calories: 394
Ingredients: Peanut Butter, Oats, Vegan Protein Powder, Chia Seeds and Vegan Chocolate Chips

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

- Jerk Spiced Chickpea Bowl (GF, DF):** Protein: 18g Carbs: 47g Fat: 4g Calories: 296
Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce and Spices
- Buffalo Cauliflower Bites (GF, DF):** Protein: 9g Carbs: 57g Fat: 5g Calories: 309
Ingredients: Cauliflower, Basmati Rice, Mixed Veggies Buffalo Sauce and Spices (Side of Ranch)
- Honey Garlic Tofu Bowl (GF, DF):** Protein 15g Carbs 45 g Fat: 8g Cal 312
Ingredients: Extra Firm Tofu, Basmati Rice, Sauteed Onions, Bell Pepper, Honey Garlic Glaze
- Vegan Meatball w/ Pasta Bowl:** Protein: 18g Carbs: 56g Fat: 8g Calories: 368
Ingredients: Tri Color Pasta, Black Bean, Oats, Spinach, Marinara and Spices
- *Fresh Veggies & Pita w/ Roasted Red Pepper Hummus:** Protein: 8g Carbs: 34g Fat 12g Calories: 276
Ingredients: Carrots, Celery, Pita, 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, Marinara, Green Beans, Parmesan, Spices (Juice Box, Protein Popper)
- Chicken Nuggets & Home Fries Bowl:** Protein: 10g Carbs: 32g Fat: 11 Calories: 299
Ingredients: Flaxseed Crusted Chicken Breast, Potato, Peas and Seasoning (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
- Pumpkin Spice Almond Butter:** Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180
Ingredients: Pumpkin Spice, Almonds, Cinnamon, Spices

NEW ITEM

Immunity Boost Shooter \$4.75 plus tax

Protein: 1g Carbs: 4g Fat: 0g Calories: 20
Ingredients: Lemon, Apple Cider Vinegar, Raw Honey, Turmeric, Black Pepper