

## LONG LIFE MEAL PREP

### NEW WEEKLY MENU 11/30 – 12/06 (Ship Date 12/05)

*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
- **Bacon Breakfast Scramble (GF):** 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
- **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 \$9.755 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*

- **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 (GF)** Protein: 32g Carbs: 12g Fat: 14g Calories: 306  
Ingredients: Ground Beef, Zucchini, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Marinara Sauce and Spices
- **Kickin Cajun Chicken Bowl (GF, DF):** 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 (GF)** Protein 32g Carbs 10g Fats 8g Cal 240  
Ingredients: Shredded Chicken Breast, Cheddar Cheese, Broccoli, Kickin Cajun Sauce
- **Lemon Pepper Chicken Bowl (DF, GF):** Ingredients: Chicken Breast, Pasta, 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
- **Mesquite Grilled Chicken Bowl (GF, DF):** 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 (GF)** Protein: 38g Carbs: 12g Fats: 14g Cal: 318  
Ingredients: Grilled Chicken Breast, Mixed Vegetables, Cheddar Cheese and Spices
- **Ginger Glazed Tilapia w/ Fried Rice (DF): (+\$1)**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
- **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**

- **Italian Beef Wrap:** Protein 40g Carbs 50g Fat: 18g Cal 522  
Ingredients: Ground Beef, Mozzarella Cheese, Parmesan Cheese, Tortilla Wrap, Marinara Sauce and Spices
- **Kickin Cajun Chicken Wrap:** Protein 42g Carbs 48g Fats 14g Cal 866  
Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce
- **Mesquite Chicken Wrap:** Protein: 34g Carbs: 50g Fat: 10g Calories: 426  
Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap and Spices
- **Steak Burrito Wrap (+\$1.00):** Protein: 42g Carbs: 64g Fat: 18g Calories: 586  
Ingredients: Lean Steak, Rice, Cheddar Cheese, Salsa, Tortilla Wrap, and Spices

## **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
- **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
- **Holiday Peppermint Protein Bark (GF):** Protein: 14g Carbs: 20g Fat: 30g Calories: 406  
Ingredients organic coconut oil, whey protein, white chocolate chips, sugar free flavoring, peppermints
- **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
- **Coconut Pecan Energy Bites:** Protein: 15g Carbs: 34g Fat: 22g Calories: 394  
Ingredients: Peanut Butter, Oats, Whey Protein, Coconut, Pecans, Chia Seeds, Sugar Free Vanilla Flavor, Coconut Extract

## **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
- Ginger Glazed Tofu Bowl w/ Fried Rice (DF):** Protein 15g Carbs 45g Fat: 8g Cal 312  
Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Veggies, Egg, Garlic Ginger Soy sauce
- Firecracker Chickpea Bowl (GF, DF):** Protein 19g Carbs 59g Fat: 8g Cal 392  
Ingredients: Chickpeas, Brown Rice, Bell Peppers, Cayenne Pepper, Sriracha, Spices and Spinach
- Lemon Pepper Grain & Veggie Bowl (DF, GF):** Protein: 14g Carbs: 47g Fat: 5g Calories: 229  
Ingredients: Grilled zucchini, Squash, Diced Sweet Potato, Broccoli, Onions, Quinoa, Lentils, Rosemary, Lemon and Spices

## **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