

## LONG LIFE MEAL PREP

### NEW WEEKLY MENU 12/07 – 12/13 (Ship Date 12/12)

*Breakfast Entrée: \$9.25 plus tax*

- **Red Velvet Protein Waffle:** Protein: 22g Carbs: 40g Fat: 8g Calories: 320  
Ingredients: Protein Pancake Mix, Almond Milk, Red Velvet Extract and Sugar Free Protein Frosting
- **Keto Breakfast Hash:** Protein: 28g Carbs: 6g Fat: 20g Calories: 316  
Ingredients: Egg Whites, Bacon, Cheddar Cheese, Mozzarella Cheese, Onion, Bell Pepper and 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
- **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: \$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*

- **Sloppy Joe Bowl (GF, DF):** 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 (GF)** Protein: 25g Carbs: 30g Fat: 8g Calories: 292  
Ingredients: Ground Beef, Carrots, Cheddar, Sloppy Joe Sauce and Spices
- **Sweet Chili Chicken Bowl (GF, DF):** Ingredients: Grilled Chicken, Basmati Rice, Squash, Bell Peppers and Sweet Chili sauce  
size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 4g Cal: 259  
size: **Muscle Gain** Protein: 40g Carbs: 46g Fats: 6g Cal: 398  
size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 12g Fats: 5g Cal: 229  
Ingredients: Grilled Chicken, Squash, Mozzarella Cheese, Bell Peppers, spices and Sweet Chili sauce
- **Chicken Enchiladas w/Salsa Verde Sauce:** Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Refried Beans, Jalapenos and Fresh Cilantro  
size **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294  
size: **Muscle Gain** Protein: 40g Carbs: 43g Fat: 8g Calories: 404  
size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Calories: 264  
Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Jalapenos and Fresh Cilantro
- **Egg Roll in a Bowl (DF):** Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions  
Side: Sweet and Sour Sauce  
size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Calories: 274  
size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Calories: 388  
size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 11g Fat: 7g Calories: 271  
Ingredients: Ground Turkey, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce
- **Chicken Alfredo Bowl:** Ingredients: Oven Roasted Chicken, Noodles, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese and Salt & Pepper  
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 (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306  
Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese and Salt & Pepper
- **Honey BBQ Salmon with Green Beans (GF, DF):** Ingredients: Salmon, Green Beans, BBQ Sauce 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**

- **Sloppy Joe Wrap:** Protein: 40g Carbs: 54g Fat: 14g Calories: 500  
Ingredients: Lean Ground Beef, Cheddar Cheese, Tortilla Wrap and Sloppy Joe Sauce
- **Sweet Chili Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 14g Calories: 486  
Ingredients: Grilled Chicken Breast, Mozzarella Cheese Bell Peppers, Sweet Chili Sauce, Spices and Tortilla Wrap
- **Chicken Enchilada Wrap:** Protein: 40g Carbs: 50g Fat: 14g Calories: 486  
Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Jalapenos Tortilla Wrap and Fresh Cilantro
- **Turkey Burger Wrap:** Protein: 44g Carbs: 48g Fat: 16g Calories: 512  
Ingredients: Ground Turkey, Cheddar Cheese, Tortilla Wrap, Onion, Spicy Sriracha, BBQ Sauce and Spices

## **Snacks \$6.50**

- **Double Chocolate Protein Donuts** Protein: 24g Carbs: 27g Fat: 5g Calories: 245 (2 Donuts)  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Splenda, White Chocolate Chips and Sugar Free Frosting
- **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
- **Low-Carb Blueberry Cheesecake:** Protein: 22g Carbs: 18g Fat: 8g Calories: 232  
Ingredients: Greek Yogurt, Blueberries, Sugar Free Cheesecake Flavoring, almond milk and Graham Cracker Crumble
- **Cinnamon Swirl Protein Bar:** Protein: 18g Carbs: 24g Fat: 12g Calories: 276  
Ingredients: Sugar free baking mix, whey protein, coconut oil, egg, almond milk and Splenda
- **Vanilla Peanut Butter Fudge (KEEP COLD):** Protein: 12g Carbs: 7g Fat: 28g Calories: 328  
Ingredients: Sugar Free Vanilla Flavoring, Vanilla Whey Protein, Peanut Butter and Coconut Oil

## **Vegetarian/Vegan Menu Entrée \$10.25 plus tax**

- **Sweet Chili Chickpea Bowl (DF, GF):** Protein: 19g Carbs: 59g Fat: 16g Calories: 456  
Ingredients: Chickpeas, Basmati Rice, Squash, Bell Peppers, Sweet Chili Sauce and Spices
- **Veg. Enchilada w/Salsa Verde Sauce:** Protein: 12g Carbs: 50g Fat: 15g Calories: 383  
Ingredients: Black Beans, Tortillas, Cheddar, Corn, Spinach, Fresh Cilantro, Salsa Verde, Parmesan and Taco Seasoning
- **Tofu Egg Roll in a Bowl (DF):** Protein: 15g Carbs: 54.5g Fat: 8g Calories: 312  
Ingredients: Brown Rice, Tofu, Cabbage, Carrots, Soy Sauce, and Spices
- **Roasted Veggie Skillet (GF, DF):** Protein: 16g Carbs: 47g Fat: 5g Calories: 213  
Ingredients: Roasted Red Potato, Onions, Peppers, Kale, Carrots and Mushrooms

## **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: 11g 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