

LONG LIFE MEAL PREP

NEW WEEKLY MENU 01/25 – 01/31 (Ship Date 01/30)

Breakfast Entrée: \$9.25 plus tax

- **Funfetti Protein Waffles:** Protein: 22g Carbs: 45g Fat: 8g Calories: 340
Ingredients: Funfetti Pancake Mix, Whey Protein and Almond Milk
- **Crustless Quiche (Keto) (GF):** Protein: 28g Carbs: 4g Fat: 19g Calories: 299
Ingredients: Eggs, Milk, Cheddar Cheese, Spinach, Parmesan Cheese, Mozzarella Cheese, Green Onions, Ham and Spices
- **Egg White Bacon Breakfast Wrap:** Protein: 40g Carbs: 47g Fat: 12g Cal: 452
Ingredients: Egg Whites, Cheddar Cheese, Bacon, 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

- **Cheeseburger Bowl (GF):** 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
- **Bourbon Grilled Chicken Bowl (GF, DF):** Ingredients: Grilled Chicken, Seasoned Basmati Rice, Green Beans and Bourbon Sauce
size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 8g Calories: 300
size: **Muscle Gain** Protein: 40g Carbs: 45 Fat: 10g Calories: 430
size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 14g Fat: 9g Calories: 289
Ingredients: Grilled Chicken, Green Beans, Cheddar Cheese and Bourbon Sauce
- **Turkey Stir Fry (DF):** Ingredients: Ground Turkey, Brown Rice, Stir Fry Sauce, Broccoli, Carrots, Peppers, Onions and Spices
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, Stir Fry Sauce, Broccoli, Carrots, Peppers, Onions and Spices
- **BBQ Shredded Chicken with Bacon Mac Bowl:** Ingredients: Shredded Chicken Breast, Pasta, Mixed Vegetables, Cheese Sauce, Bacon, BBQ Sauce and Spices
size: **Weight Loss** Protein: 24g Carb: 40g Fat: 10g Calories: 346
size: **Muscle Gain** Protein: 40g Carb: 52g Fat: 14g Calories: 494
size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carb: 15g Fat: 16g Calories: 340
Ingredients: Shredded Chicken Breast, Mixed Vegetables, Cheese, Bacon, BBQ Sauce and Spices
- **Honey Mustard Chicken Bowl (GF, DF):** Ingredients: Roasted Chicken Breast, Sweet Potato Mash, Broccoli, Honey Mustard Packet and spices
size: **Weight Loss** Protein: 26g Carb: 32g Fat: 5g Calories: 277
size: **Muscle Gain** Protein: 40g Carb: 44g Fat: 8g Calories: 408
size: **Low Carb/Keto Friendly** Protein: 31g Carb: 15g Fat: 7g Calories: 247
Ingredients: Roasted Chicken Breast, Broccoli and Honey Mustard Packet
- **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

- **Cheeseburger Wrap:** Protein: 40g Carbs: 48g Fat: 18g Calories: 514
Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, Dill pickles, Onions, Ketchup and Mustard
- **Bourbon Grilled Chicken Wrap:** Protein: 34g Carbs: 50g Fat: 18g Calories: 522
Ingredients: Grilled Chicken, Tortilla Wrap, Cheddar Cheese, Spices and Bourbon Sauce
- **BBQ Turkey Wrap:** Protein 40g Carbs 50g Fat: 14g Cal 486
Ingredients: Ground Turkey, Cheddar Cheese, Tortilla Wrap, BBQ Sauce and Spices
- **Honey Mustard Chicken Wrap:** Protein: 40g Carbs: 52g Fat: 13g Calories: 485
Ingredients: Oven Roasted Chicken Breast, Tortilla Wrap, Honey Mustard, and Mozzarella Cheese

Snacks \$6.50

- **Lemon Cake Protein Donuts:** Protein: 24g Carbs: 17g Fat: 5g Calories: 205 (2 Servings)
Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Lemon Extract, Coconut Oil and Keto White Chocolate Chips
- **Blueberry Protein Popper:** Protein: 20g Carbs: 24g Fat: 12g Calories: 284
Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Coconut Oil, Eggs, Almond Milk and Keto White Chocolate Chips
- **S'mores Protein Bar:** Protein: 24g Carbs: 17g Fat: 5g Calories: 205
Ingredients: Sugar Free Baking Mix, Egg, Whey Protein Powder, Sugar Free Chocolate Chips, Marshmallows, Graham Crackers
- **Low-Carb Chocolate Cheesecake:** Protein: 20g Carbs: 22g Fat: 9g Calories: 249
Ingredients: Greek Yogurt, Sugar Free Jello Pudding Mix, Almond Milk, Sugar Free Chocolate Chips, Coconut Oil and Graham Cracker Crumble
- **Vegan Cookie Dough Energy Bites:** Protein: 15g Carbs: 24g Fat: 22g Calories: 394
Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

- 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)
- Tofu Stir Fry Bowl (DF):** Protein 15g Carbs 45g Fat: 8g Cal 312
Ingredients: Extra firm tofu, basmati rice, broccoli, bamboo shoots, carrots, peppers, onions, stir fry sauce and spices
- BBQ Shredded Sweet Potato w/ Mac Bowl:** Protein: 16g Carbs: 56g Fat: 12g Calories: 396
Ingredients: Sweet Potato, Pasta, Mixed Vegetables, Cheese, BBQ Sauce and Spices
- Black Bean Burger w/ Sweet Potato Mash (GF, DF):** Protein: 16g Carbs: 55g Fat: 3g Calories: 311
Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats and Spices (Side of Ketchup)

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

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