

## LONG LIFE MEAL PREP

### NEW WEEKLY MENU 02/08 – 02/14 (Ship Date: 02/13)

*Breakfast Entrée: \$9.25 plus tax*

- **Buttermilk Protein Pancakes with Nutella:** Protein: 23g Carbs: 45g Fat: 12g Calories: 380  
Ingredients: Protein Pancake Mix, Almond Milk, Chocolate Hazelnut Spread on the side, Sugar Free Syrup on the side
- **Turkey Sausage Breakfast Scramble:** Protein: 28g Carbs: 4g Fat: 17g Calories: 281  
Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese and Spices  
Size: Low Carb (Keto)
- **Southwest Breakfast Wrap:** Protein: 28g Carbs: 52g Fat: 16g Cal: 464  
Ingredients: Egg Whites, Cheddar Cheese, Tortilla Wrap, Corn, Black Beans, Cilantro, Green Onion 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*

- **Chicken N Biscuit Bowl:** Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, 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 (GF, DF)** Protein: 32g Carbs: 10g Fat: 5g Calories: 253  
Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices
- **Garlic Parmesan Chicken Bowl:** Ingredients: Grilled Chicken Breast, Orzo, Green Beans, Garlic Parmesan and spices  
size **Weight Loss** Protein: 26g Carbs: 30g Fat: 6g Calories: 274  
size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 9g Calories: 421  
size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 10g Fat: 5g Calories: 253  
Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce and Mozzarella Cheese
- **Korean Beef Bowl (DF):** Ingredients: Ground Beef, Brown Rice, Korean Sauce, Broccoli, Carrots, Spices and Sesame Seeds  
size: **Weight Loss** Protein: 25g Carbs: 36g Fat: 9g Cal: 325  
size: **Muscle Gain** Protein: 40g Carbs: 48g Fats: 14g Cal: 478  
size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 12g Fats: 10g Cal: 322  
Ingredients: Ground Beef, Korean Sauce, Broccoli, Carrots, Spices and Sesame Seeds
- **Chicken Spaghetti Bowl:** Ingredients: Chicken Breast, Spaghetti Noodles, Marinara Sauce, Spinach, Mozzarella 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 (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306  
Ingredients: Chicken Breast, Zucchini, Marinara Sauce, Spinach, Mozzarella Cheese, Parmesan Cheese and Spices
- **Southwest Turkey Bowl:** Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Lime, Tomatoes, Green Onions, Cilantro, Jalapenos and Seasoning  
size: **Weight Loss** Protein: 25g Carb: 35g Fat: 6g Calories: 294  
size: **Muscle Gain** Protein: 40g Carb: 43g Fat: 8g Calories: 404  
size: **Low Carb/Keto Friendly** Protein: 34g Carb: 15g Fat: 18g Calories: 318  
Ingredients: Ground Turkey, Cheddar Cheese, Black Beans, Corn, Lime, Tomatoes, Green Onions, Cilantro, Jalapenos and Seasoning
- **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 Chicken Wrap:** Protein 40g Carbs 50g Fat: 12g Cal 468  
Ingredients: Ground Chicken, Mozzarella Cheese, Parmesan Cheese, Tortilla Wrap, Marinara Sauce and Spices
- **Garlic Parmesan Chicken Wrap:** Protein: 41g Carbs: 50g Fat: 10g Calories: 454  
Ingredients: Grilled Chicken Breast, Parmesan Cheese, Garlic Parmesan Sauce, Spices and Tortilla Wrap
- **Buffalo Chicken Wrap:** Protein 42g Carbs 48g Fat: 14g Cal 486  
Ingredients: Shredded Chicken, Cheddar Cheese, Tortilla Wrap, Buffalo Sauce and Spices
- **BBQ Beef Wrap:** Protein: 40g Carbs: 50g Fat: 14g Calories: 486  
Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap and BBQ Sauce

## **Snacks \$6.50**

- **Sweet Heart Protein Donuts** Protein: 24g Carbs: 24g Fat: 5g Calories: 237 (2 Donuts)  
Ingredients: Sugar Free Baking Mix, Keto White Chocolate, Whey Protein, Egg Whites Coconut Oil, Splenda and Sprinkles
- **Double Chocolate Protein Poppers:** Protein: 22g Carbs: 22g Fat: 5g Calories: 221  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, sugar free pudding mix and chocolate chips
- **Red Velvet Protein Bar:** Protein: 24g Carbs: 24g Fat: 12g Calories: 300  
Ingredients: Whole Grain Baking Mix, Whey Protein, Coconut Oil, Eggs, Cream Cheese Extract, Red Velvet Extract and Sugar Free Frosting
- **Chocolate Cherry Protein Pudding:** Protein: 22g Carbs: 22g Fat: 8g Calories: 242  
Ingredients: Greek Yogurt, Sugar Free Pudding, Cherry Swirl, Sugar Free Jello, and Fresh Cherries
- **Vanilla Peanut Butter Keto 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**

- Italian Chickpea Spaghetti:** Protein 16g Carbs 50g Fat: 12g Cal 374  
Ingredients: Chickpeas, Pasta, Marinara, Mozzarella, Garlic, Spices and Spinach
- Garlic Parmesan Chickpea Bowl:** Protein 14g Carbs 57g Fat: 4g Cal 320  
Ingredients: Chickpeas, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices
- Vegetarian Enchilada Wrap:** Protein: 12g Carbs: 50g Fat: 15g Calories: 383  
Ingredients: Black Beans, Salsa, Tortilla, Cheddar, Corn, Spinach, Fresh Cilantro, Salsa Verde, and Taco Seasoning
- Korean Tofu Bowl (DF):** Protein: 15g Carbs: 45g Fat: 8g Calories: 312  
Ingredients: Extra Firm Tofu, Brown Rice, Broccoli, Shredded Carrots, Korean Sauce and Sesame Seeds

## **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