

LONG LIFE MEAL PREP

NEW WEEKLY MENU 03/22 – 03/28 (Ship Date 3/27)

Breakfast Entrée: \$9.25 plus tax

- Cranberry Orange Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Calories: 320
Ingredients: protein pancake mix, cranberry orange baking mix, cranberries, orange zest, almond milk
- Western Breakfast Omelet (GF) :** Protein: 32g Carbs: 6 g Fat: 14g Calories: 296
Ingredients: Egg Whites, Egg, Bacon, Onion, Mozzarella and Bell Peppers
Size: Low Carb (Keto)
- **Breakfast Burrito :** Protein: 28g Carbs: 49g Fat: 16g Cal: 452
Ingredients: Egg Whites, 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: \$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 Enchilada Bowl :** Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans, Jalapenos and Fresh Cilantro
size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294
size: **Muscle Gain** Protein: 30g Carbs: 43g Fat: 8g Calories: 364
size: **Low Carb/Keto Friendly(GF)** Protein: 34g Carbs: 15g Fat: 12g Calories: 264
Ingredients: Shredded Chicken, Cauliflower, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro and Spices
- **Teriyaki Beef Bowl(DF)** Ingredients Ground Beef, Brown Rice, Teriyaki Sauce, Sesame Seeds, Broccoli and Spices
size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 8g Cal: 284
size: **Muscle Gain** Protein: 40g Carbs: 48g Fats: 12g Cal: 460
size: **Low Carb/Keto Friendly:** Protein: 30g Carbs: 12g Fats: 12g Cal: 296
Ingredients: Ground Beef, Broccoli, Teriyaki Sauce, Sesame Seeds and Spices
- **Garlic Parm Chicken Bowl :** Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm Sauce, Parmesean, 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: 12g Fat: 14g Calories: 302
Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese
- **Chicken Alfredo Bowl :** Ingredients: Oven Roasted Chicken, Noodles, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, 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, Salt, Pepper
- **Greek Turkey Bowl(GF):** Ingredients: Ground Turkey, Brown Rice, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese and Spices
size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 8g Calories: 304
size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 12g Calories: 448
size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 10g Calories: 258
Ingredients: Ground Turkey, Zucchini, Red Onions, Spinach, Black Olives, Greek Vinaigrette, Feta Cheese and Spices
- **Shrimp and Broccoli (GF, DF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, 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

- Chicken Enchilada Wrap: Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap and Spices

- Garlic Parm Chicken Wrap: Protein: 41g Carbs: 50g Fat: 10g Calories: 454

Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce and Spices

- Steak Burrito Wrap (+1.00 Upcharge): Protein 42g Carbs 64g Fat: 18g Cal 586

Ingredients: Lean Steak, Rice, Cheddar Cheese, Tortilla Wrap, Salsa, Spices

- BBQ Turkey Wrap: Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Ingredients: Ground Turkey, Cheddar Cheese, BBQ Sauce and Tortilla Wrap

Snacks \$6.50

- Cinna Roll Protein Donuts Protein: 18g Carbs: 34g Fat: 12g Calories: 306 (2 Donuts)

Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Sugar Free Frosting, Cinnamon, Almond Milk and Splenda

- Raspberry White Chocolate Protein Popper: Protein: 24g Carbs: 21g Fat: 5g Calories: 217

Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Egg Whites, Sugar Free Jello

- Double Fudge Protein Brownie: Protein: 24g Carbs: 36g Fat: 14g Cal: 366

Ingredients: Sugar Free Baking Mix, Sugar free Protein Frosting, Egg, Whey Protein Powder, Sugar Free Chocolate Chips

-Banana Crème Protein Pudding: Protein: 22g Carbs: 16g Fat: 8g Calories: 200

Ingredients: Greek Yogurt, Sugar Free Banana Pudding Mix, Vanilla Wafers

- Chocolate Almond Energy Bites: Protein: 15g Carbs: 34g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Sliced Almonds, Chia Seeds

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

Greek Pasta Salad Bowl: Protein: 16g Carbs: 50g Fat: 12g Calories: 372

Ingredients: Pasta, Chick Peas, Kale, Black Olives, Red Onion, Balsamic Vinaigrette, Seasoning side of Feta

Sweet and Sour Vegan Shrimp Bowl : Protein: 10g Carbs: 52g Fat: 6g Calories: 302

Ingredients: Seasoned Basmati Rice, Sauteed Green Beans, Onions, Plant Based Shrimp Substitute, Sweet and Sour Sauce, Spices

Teriyaki Tofu Bowl(DF): Protein 15g Carbs 45g Fat: 8g Cal 312

Ingredients: Extra Firm Tofu, Basmati Rice, Broccoli, Soy Sauce, Teriyaki Sauce

Roasted Veggie Skillet Bowl (GF)(DF): Protein: 18g Carbs: 42g Fat: 6g Calories: 294

Ingredients: Roasted Red Potato, Onions, Peppers, Kale, Carrots, Mushrooms, 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

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