

LONG LIFE MEAL PREP

NEW WEEKLY MENU 03/29 – 04/04 (Ship Date 4/3)

Breakfast Entrée: \$9.25 plus tax

-Chocolate Chip Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: protein pancake mix, chocolate chips, almond milk

-Turkey Sausage and Cheese Omelet (GF): Protein: 32g Carbs: 2 g Fat: 16g Calories: 280

Ingredients: Egg Whites, Egg, Turkey Sausage, Cheddar Cheese and Spices

Size: Low Carb (Keto)

- Bacon Breakfast Wrap : Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Bacon, 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

- BBQ Grilled Chicken Bowl : Ingredients: Grilled Chicken, Red Potato, Green Beans, BBQ Sauce, Spices

size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 3g Calories: 255

size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 5g Calories: 413

size: **Low Carb/Keto Friendly(GF)** Protein: 38g Carbs: 12g Fat: 14g Calories: 318

Ingredients: Grilled Chicken, Green Beans, Cheddar Cheese, BBQ Sauce, Spices

- Chicken N Biscuit Ingredients Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

size: **Weight Loss** Protein: 25g Carbs: 28g Fat: 5g Cal: 257

size: **Muscle Gain** Protein: 40g Carbs: 42g Fats: 8g Cal: 400

size: **Low Carb/Keto Friendly:** Protein: 32g Carbs: 10g Fats: 5g Cal: 253

Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices

- Stuffed Bell Pepper Bowl : Ingredients: Ground Turkey, Quinoa, Tomato Sauce, Bell Peppers, Spinach, Parmesan, Mozzarella, spices

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 8g Calories: 312

size: **Muscle Gain** Protein: 40g Carbs: 45g Fat: 10g Calories: 430

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 9g Calories: 277

Ingredients: Ground Turkey, Green Beans, Tomato Sauce, Bell Peppers, Spinach, Parmesan, Mozzarella, spices

- Korean Beef Bowl(DF) : Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds and Korean Sauce

size: **Weight Loss** Protein: 25g Carbs: 36g Fat: 9g Calories: 325

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 14g Calories: 478

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 12g Fat: 10g Calories: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce and Sesame Seeds

- Spinach and Cheese Stuffed Chicken : Ingredients: Roasted Chicken Breast, Orzo, Green Beans , Provolone Cheese and Spinach

size: **Weight Loss** Protein: 27g Carbs: 31g Fat: 7g Calories: 295

size: **Muscle Gain** Protein: 41g Carbs: 42g Fat: 9g Calories: 413

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 11g Fat: 8g Calories: 260

Ingredients: Roasted Chicken Breast Green Beans , Provolone Cheese and Spinach

- Parmesean Crusted Tilapia : Ingredients: Baked Tilapia, Sauteed Broccoli , Parmesean, Garlic 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

- BBQ Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fat: 16g Calories: 480

Ingredients: Chicken Breast, Cheddar Cheese, BBQ Sauce, Tortilla Wrap and Spices

- Italian Turkey Wrap: Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ingredients: ground turkey, mozzarella, tortilla, parmesan, marinara sauce and spices

- Cheeseburger Wrap: Protein 40g Carbs 48g Fat: 18g Cal 514

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup and Mustard

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

Ingredients: Shredded Chicken, Buffalo Sauce, Tortilla Wrap, Cheddar Cheese and side of Low Fat Ranch

Snacks \$6.50

- Strawberry Shortcake Protein Donuts Protein: 24g Carbs: 17g Fat: 5g Calories: 205 (2 Donuts)

Ingredients: sugar free baking mix/ frosting, sugar free jello, egg white, whey protein and strawberry extract

- Double Chocolate Protein Popper: Protein: 22g Carbs: 22g Fat: 5g Calories: 221

Ingredients: Sugar free baking mix, Whey Protein, Eggs, Coconut Oil, Chocolate Chips, Sugar Free Pudding Mix

- Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk and White Chocolate Chip

-Dark Chocolate Coconut Keto Fudge : Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Coconut

- Low Carb Protein Cheesecake: Protein: 26g Carbs: 10g Fat: 8g Calories: 216

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Graham Cracker Crumbs

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

Korean TOFU Bowl: Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Extra Firm TOFU, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds and Korean Sauce

Lentil Stuffed Peppers Bowl : Protein: 26g Carbs: 39g Fat: 14g Calories: 386

Ingredients: Lentils, Quinoa, Marinara, Parmesan Cheese, Spices, Mozzarella Cheese, Bell Peppers

Black Bean Burger with Sweet Potato Mash (GF)(DF): Protein 16g Carbs 55g Fat: 3g Cal 311

Ingredients: Black Beans, Bell Peppers, Sweet Potato, Oats, Garlic, Spices (Side of Spicy Ketchup)

Buffalo Cauli Bites (GF)(DF): Protein: 9g Carbs: 57g Fat: 5g Calories: 309

Ingredients: cauliflower, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices, Side Cup of Ranch

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