

LONG LIFE MEAL PREP

NEW WEEKLY MENU 04/5 – 04/11 (Ship Date: 4/10)

Breakfast Entrée: \$9.25 plus tax

-Funfetti Protein Waffles: Protein: 22g Carbs: 45g Fat: 8g Calories: 340

Ingredients: Funfetti Pancake Mix, Sprinkles, Whey Protein Powder and Almond Milk

-Double Cheese Breakfast Omelet : Protein: 28g Carbs: 4g Fat: 18g Calories: 290

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese and Spices

Size: Low Carb (Keto) (GF)

- Turkey Sausage Breakfast Wrap: 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

- Lasagna Bowl : Ingredients: Ground Beef, Pasta, Mozzarella Cheese. Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce and Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 14g Calories: 374

size: **Muscle Gain** Protein: 48g Carbs: 42g Fat: 18g Calories: 490

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306

Ingredients: Ground Beef, Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara Sauce and Spices

- Turkey Chili Bowl(GF) Ingredients :Ground Turkey, Brown Rice, Beans, Chili Sauce, Green Peppers, Cheddar Cheese and Spices

size: **Weight Loss** Protein: 26g Carbs: 28g Fat: 10g Cal: 322

size: **Muscle Gain** Protein: 46g Carbs: 45g Fats: 9g Cal: 448

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 13g Fats: 18g Cal: 366

Ingredients: Ground Turkey, Brown Rice, Beans, Chili Sauce, Green Peppers, Cheddar Cheese and Spices

- Jerk Chicken Bowl (DF) (GF): Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

size: **Weight Loss** Protein: 25g Carbs: 30g Fat: 6g Calories: 274

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 9g Calories: 424

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 12g Fat: 18g Calories: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk Sauce and Spices

- Ginger Glazed Tilapia with Fried Rice(DF) (+1.00 Upcharge): Ingredients: Tilapia, Basmati Rice, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce, Spices

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 4g Calories: 259

size: **Muscle Gain** Protein: 40g Carbs: 46g Fat: 6g Calories: 398

size: **Low Carb/Keto Friendly (DF)** Protein: 34g Carbs: 12g Fat: 5g Calories: 229

Ingredients: Tilapia, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce, Spices

- Chicken Bacon Ranch : Ingredients: Shredded Chicken,Pasta,Broccoli,Bacon,Greek Yogurt,Ranch Seasoning, Cheddar Cheese and Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 10g Calories: 314

size: **Muscle Gain** Protein: 44g Carbs: 40g Fat: 14g Calories: 466

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 10g Fat: 20g Calories: 372

Ingredients: Shredded Chicken,Broccoli,Bacon,Greek Yogurt,Ranch Seasoning,Cheddar Cheese and Spices

- Honey BBQ Salmon (GF, DF): Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey and Spices

size: **Lean N Green (Low Carb)** Protein: 36g Carbs: 12g Fat: 8g Calories: 264

- 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 Beef Wrap:** Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Ground beef, Tortilla Wrap, Mozzarella Cheese, Parmesan Cheese, Marinara Sauce and Spices

- **Chicken Bacon Ranch Wrap:** Protein: 46g Carbs: 50g Fat: 20g Calories: 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning and Tortilla

- **Jerk Chicken Wrap:** Protein 42g Carbs 48g Fat: 14g Cal 586

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap and Spices

- **Pizza Wrap:** Protein: 40g Carbs: 50g Fat: 18g Calories: 522

Ingredients: Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese

Snacks \$6.50

- **Easter Fun Protein Donuts** Protein: 22g Carbs: 23g Fat: 8g Calories: 252 (2 Donuts)

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Sprinkles, Food Coloring

- **Salted Caramel Protein Popper:** Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Almond Milk, Sugar Free Caramel, Coconut Oil, Salt, Splenda

- **Chocolate Chip Protein Bar:** Protein: 23g Carbs: 35g Fat: 12g Cal: 340

Ingredients: High Protein Whole Grain Baking Mix, Almond Milk, Coconut Oil, Eggs, Chocolate Chips and Whey Protein

Low Carb Blueberry Cheesecake: Protein: 22g Carbs: 18g Fat: 8g Calories: 232

Ingredients: Greek Yogurt, Blueberries, Almond Milk, Sugar Free Cheesecake Flavoring, Graham Cracker Crumble

Coconut Pecan Energy Bites(Vegan) : Protein: 15g Carbs: 39g Fat: 22g Calories: 414

Ingredients: Peanut Butter, Oats, Chia Seeds, Pecans, Coconut, Whey Protein, Sugar Free Vanilla Flavoring, Coconut Extract

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Calories: 386

Ingredients: Zucchini, Mozzarella Cheese, Pasta, Marinara Sauce, Green Yogurt, Parm, Spinach and Spices

Veggie Chili Bowl (GF): Protein: 22g Carbs: 46g Fat: 18g Calories: 434

Ingredients: Beans, Cheddar Cheese, Chili Sauce, Brown Rice, Green Beans, Green Onion and Spices

Jerk Spiced Chick Pea Bowl(GF)(DF): Protein 18g Carbs 47g Fat: 4g Cal 296

Ingredients: Chick Peas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce and Spices

Ginger Glazed TOFU with Fried Rice(DF) : Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Tofu, Basmati Rice, Mixed Vegetables, Egg, Garlic Ginger Soy Sauce, 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