

## LONG LIFE MEAL PREP

### NEW WEEKLY MENU 5/24 – 05/30 ( Ship Date: 5/30)

*Breakfast Entrée: \$9.25 plus tax*

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

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

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

Ingredients: Egg whites, Egg, Mozzarella Cheese, Cheddar Cheese, Spices

Size: Low Carb (Keto) (GF)

**- 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: \$9.25 plus tax*

*Lean N Green: \$14.75 plus tax*

*Turkey Burger: \$12.75 plus tax*

**- Spinach and Cheese Stuffed Chicken Bowl :** Ingredients: Oven Roasted Chicken, Orzo, Green Beans, Spinach, Provolone Cheese, Spices

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

size: **Muscle Gain** Protein: 4g Carbs: 42g Fat: 9g Calories: 413

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

Ingredients: Oven Roasted Chicken, Green Beans, Spinach, Provolone Cheese, Spices

**- Philly Cheese Bowl(GF):** Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese and Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Cal: 296

size: **Muscle Gain** Protein: 45g Carbs: 40g Fats: 14g Cal: 482

size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 14g Fats: 12g Cal: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese and spices

**- Chicken and a 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)** Protein: 3g Carbs: 10g Fat: 10g Calories: 253

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

**- Italian Turkey with Ziti Bowl:** Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesean, Spices

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Calories: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Calories: 463

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

Ingredients: Ground Turkey, Zucchini, Mozzarella, Parmesean, Spices

**- Chipotle Grilled Chicken Bowl (GF)(DF) :** Ingredients: Grilled Chicken, Squash, Seasoned Rice, Chipotle Sauce and Spices

size: **Weight Loss** Protein: 25g Carbs: 25g Fat: 11g Calories: 299

size: **Muscle Gain** Protein: 40g Carbs: 4g Fat: 16g Calories: 464

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 25g Fat: 12g Calories: 284

Ingredients: Grilled Chicken, Squash, Cheddar, Chipotle Sauce and Spices

**- Shrimp And Sauteed Broccoli 'LNG' (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: 9g Fat: 9g Calories: 401

**GF = Gluten Free**

**DF = Dairy Free**

## **Wraps \$10.25 plus tax**

**- Philly Cheese Wrap:** Protein: 40g Carbs: 50g Fat: 20g Calories: 532  
Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone, Mozzarella Cheese

**-Chipotle Grilled Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Calories: 486  
Ingredients: Roasted Chicken, tortilla wrap, cheddar cheese, chipotle sauce, spices

**-Buffalo Shredded Chicken Wrap:** Protein 42g Carbs 48g Fat: 14g Cal 486  
Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

**-BBQ Turkey Wrap:** Protein: 40g Carbs: 50g Fat: 14g Calories: 486  
Ingredients: Ground Turkey, Cheddar Cheese, BBQ Sauce and Tortilla Wrap

## **Snacks \$6.50**

**- Chocolate Birthday Cake Protein Donuts** Protein: 22g Carbs: 23g Fat: 5g Calories: 217 (2 Donuts)  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Sprinkles

**- Very Cherry Protein Popper:** Protein: 24g Carbs: 21g Fat: 5g Calories: 217  
Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Almond Milk, Sugar Free Cherry Jello, Coconut Oil, Splenda

**- 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

**-Low Carb Lemon Cheesecake:** Protein: 26g Carbs: 12g Fat: 8g Calories: 224  
Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavor, Sugar Free Lemon Flavoring, and Graham Cracker

**- White Chocolate Raspberry Energy Bites :** Protein: 15g Carbs: 24g Fat: 22g Calories: 394  
Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Sugar Free Jello

## **Vegetarian/Vegan Menu Entrée \$10.25 plus tax**

**Philly Cheese Lentil Bowl (GF) :** Protein: 20g Carbs: 48g Fat: 12g Calories: 380  
Ingredients: lentils, brown rice, green bell peppers, onion, mozzarella, Worcestershire sauce, spice

**Italian Chickpea with Ziti Bowl:** Protein: 16g Carbs: 50g Fat: 12g Calories: 374  
Ingredients: Chickpeas, Ziti, Marinara, Mozzarella, Spinach, Garlic, Spices

**Roasted Veggie Skillet Bowl (GF,DF)** Protein 18g Carbs 42g Fat: 6g Cal 294  
Ingredients: Roasted Red Potato, Onions, Peppers, Kale, Carrots, Mushrooms, Spices

**Thai Peanut Tofu Bowl (GF,DF):** Protein: 15g Carbs: 45g Fat: 10g Calories: 330  
Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Thai Peanut 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: 11g Calories: 299  
Ingredients: Flaxseed Crusted Chicken Breast, Potato, Peas and Seasoning (Juice Box, Protein Popper)

## **Gourmet Nut Butters \$9.50 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