

LONG LIFE MEAL PREP

NEW WEEKLY MENU 9/20- 9/26 Ship Date: 9/25

Breakfast Entrée: \$9.25 plus tax

-Blueberry Protein Waffle: Protein: 22g Carbs: 40g Fats: 8g Cal: 320

Ingredients: Protein Waffle Mix, Blueberry Baking Mix, Almond Milk and Fresh Blueberries

-Keto Breakfast Hash: Protein: 28g Carbs: 6g Fat: 20g Cal: 316

Ingredients: Egg Whites, Bacon, Mozzarella Cheese, Cheddar Cheese, Onion, Bell Peppers < spices

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

Ingredients: Eggs 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

- Cheeseburger Bowl : Ingredients: Ground Beef, Brown Rice, spinach, Cheddar Cheese, Onions, Dill Pickles Ketchup and Mustard

size: **Weight Loss** Protein: 28g Carbs: 30g Fats: 12g Calories:340

size: **Muscle Gain** Protein: 48g Carbs: 45g Fats: 16g Calories:516

size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 10g Fats: 20g Calories:364

Ingredients: Ground Beef, Green Beans, Cheddar Cheese, Dill Pickles, Onions, Ketchup and Mustard

-Taco Turkey Bowl: Ingredients: Ground Turkey, Brown Rice, Spinach, Cheddar, Taco Seasoning, Salsa

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

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

size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 12g Fat: 20g Calories: 372

Ingredients: Ground Turkey, Corn, Spinach, Cheddar Cheese, Taco Seasoning, Salsa

- BBQ Shredded Chicken W/Bacon Mac Bowl : Ingredients: Shredded Chicken Breasts, Pasta, Mixed Vegetables, cheese Sause, Bacon, BBQ sauce and Spices

size: **Weight Loss** Protein:24g Carbs:40g Fat:10g Calories:346

size: **Muscle Gain** Protein:40g Carbs:52g Fat:14g Calories:494

size: **Low Carb/Keto Friendly (GF,DF)**Protein 34g Carbs 15g Fats 16g Cal 340

Ingredients: Shredded Chicken Breasts, Bacon, Spices, Mixed Vegetables, Cheese Sauce and BBQ Sauce

-Garlic Parm Chicken Bowl: Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

size: **Weight Loss** Protein 26g Carbs 30g Fats 6g Cal 274

size: **Muscle Gain** Protein 40g Carbs 45g Fats 9g Cal 421

size: **Low Carb/Keto Friendly: (GF)** Protein 32g Carbs 12g Fats 14g Cal 302

Ingredients: Grilled Chicken, Green Beans, Mozzarella, Garlic Parm Sauce, Parmesan, Spices

-Honey Mustard Chicken Bowl: (DF, GF): Ingredients: Roasted Chicken Breasts, Sweet Potato Mash, Seasoned Broccoli, Honey Mustard, Spices

size: **Weight Loss** Protein 26g Carbs 32g Fats 5g Cal 277

size: **Muscle Gain** Protein 40g Carbs 44g Fats 8g Cal 408

size: **Low Carb/Keto Friendly (GF, DF)** Protein 31g Carbs 15g Fats 7g Cal 247

Ingredients: Roasted Chicken Breasts, Seasoned Broccoli, Honey Mustard, Spices

-Jamaican Jerk Salmon (Lean N' Green) (GF, DF): Ingredients: Wild Caught Salmon, Sauteed Cabbage and Carrots, Spices, Jamaican Jerk Sauce

size: **Lean N Green (Low Carb)** Protein: 36g Carbs:12g Fats:12g Calories: 300

-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

Wraps \$10.25 plus tax

-Taco Turkey Wrap: Protein 42g Carbs 50g Fats 20g Cal 548

Ingredients: Ground Turkey, Tortilla, Salsa, Cheddar Cheese, Taco Seasoning

-BBQ Shredded Chicken Wrap: Protein 34g Carbs 50g Fats 16g Cal 480

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

-Honey Mustard Chicken Wrap: Protein 40g Carbs 52g Fats 14g Cal 494

Ingredients: Oven Roasted Chicken Breast, Tortilla Wrap, Mozzarella Cheese and Honey Mustard

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

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

Snacks \$6.50 plus tax

- Caramel Toffee Protein Donut: Protein: 24g Carbs: 40g Fat: 9g Calories: 337

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil and Heath Bar, Sugar Free Caramel

- Cinnamon- Roll Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Sugar Free Baking Mix, Whey Protein, Cinnamon, Coconut Oil, Eggs, Almond Milk and Splenda (cup Of Sugar Free Protein Frosting For Dipping)

- Cookie Dough Bites(Vegan): Protein: 15g Carbs: 24g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

-Pumpkin Fudge Keto Fudge: Protein: 10g Carbs: 10g Fat: 35g Calories: 379

Ingredients: Organic Coconut Oil, Vanilla Whey Protein, Almond Butter, Sugar Free Vanilla Flavoring, Pumpkin, Spices

-Harvest Berry Protein Bar: Protein: 18g Carbs: 24g Fats: 12g Calories: 276

Ingredients: Multi Berry Baking Mix, Whey Protein, Coconut Oil, Egg, Almond Milk, White Chocolate Chips

Vegetarian/Vegan Menu Entrée \$10.25 plus tax

Vegetarian Taco: Protein: 22g Carbs 49g Fats 14g Calories: 392

Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortilla Wrap, Cilantro, Spinach and Spices

Garlic Parm Chick Pea Bowl: Protein:14g Carbs:57g Fats:4g Calories: 320

Ingredients: Chickpeas, Orzo, Green Beans, Garlic Parm Sauce, Spices

Cauliflower Nuggets w/ Home Fries(Vegan): Protein: 10g Carbs: 59g Fat: 6g Calories: 330

Ingredients: Cauliflower, Potatoes, Green Beans, Corn Starch, Spices

Spicy Bean and Lentil Bowl: Protein: 16g Carbs: 64g Fat: 6g Calories: 3860

Ingredients: Beans,Lentils, Sriracha, Onions, Brown Rice, Spinach and 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