

NEW WEEKLY MENU 04/24/24– 04/30/24(Ship Date: 04/29/24)

Breakfast

-Banana Nut Protein Waffles: Protein:22g Carbs:40g Fat:8g Calories:320

Ingredients: Protein Pancake Mix, Banana Nut Baking Mix, Almond Milk, Cinnamon and Walnuts

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

Ingredients: protein pancake mix, chocolate chips, almond milk

-Breakfast Bake (GF): Protein 32g Carbs 2g Fats 20g Cal 316

Egg Whites, Eggs, Turkey Sausage, Cheddar Cheese, Green Onions and Spices

-Double Cheese Breakfast Wrap : Protein: 28g Carbs: 49g Fat: 16g Cal: 452

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

- 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)

ENTREES

-Fajita Chicken Bowl : (GF)Ingredients: Grilled Chicken, Basmati Rice, Sautéed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

size: Weight Loss Protein: Protein: 27g Carbs: 30g Fats: 8g Calories: 300

size: Muscle Gain Protein: Protein: 42g Carbs: 40g Fats: 10g Calories: 418

size: Low Carb/Keto Friendly (GF) Protein: 9g Carbs: 39g Fats: 12g Calories: 300

Ingredients: Grilled Chicken, Cauliflower Rice, Sautéed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

-Sloppy Joe Bowl (GF)(DF) : Ingredients: ground beef, garlic mash, sloppy joe sauce, carrots, and spices

size: Weight Loss Protein: 25g Carbs: 30g Fat: 8g Calories: 292

size: Muscle Gain Protein: 40g Carbs: 45g Fat: 11g Calories: 439

size: Low Carb/Keto Friendly (GF) Protein: 35g Carbs: 11g Fat: 14g Calories: 34

Ingredients: Ground beef, carrots, cheddar cheese , sloppy joe sauce, spices

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

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

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

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

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

-Southwest Turkey Bowl (GF)(DF) : Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Lime

Size: Weight Loss Protein 25g Carbs 35g Fats 6g Cal 294

Size: Muscle Gain Protein 40g Carbs 43g Fats 8g Cal 404

Size: Low Carb (GF) Protein 34g Carbs 15g Fats 18g Cal 318

Ingredients: Ground Turkey, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapenos, Lime, Cheddar Cheese

-Kickin Cajun Chicken Bowl (DF)(GF)Ingredients: Shredded Chicken, Basmati Rice, Broccoli and Kickin Cajun Sauce

Size: Weight Loss Protein 28g Carbs 32g Fats 3g Cal 267

Size: Muscle Gain Protein 42g Carbs 48g Fats 6g Cal 414

Size: Low Carb (GF) Protein 32g Carbs 10g Fats 8g Cal 240

Ingredients: Shredded Chicken, Broccoli, Cheddar Cheese, Kickin Cajun Sauce

-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

Lean & Green Entrees

-Steak –N-Greens LNG'(DF)(GF): Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices **Size: Lean & Green Protein:35g Carbs: 12g Fat: 12g Calories:296**

-Shrimp and Sauteed Broccoli with Sweet Chili LNG'(DF)(GF): Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices **Size: Lean & Green Protein:35g Carbs: 12g Fat: 12g Calories:296**

Pizza Protein Pocket Protein: 22g Carbs: 50g Fats: 13g Calories: 405 (Macros Per Pocket)
Ingredients: Ground Turkey, Greek Yogurt, Flour, Pepperoni, Marinara, Mozzarella, Parmesean Cheese, Spices

Wraps

-Fajita Grilled Chicken Wrap : Protein: 40g Carbs: 50g Fat: 12g Calories: 486

Ingredients: Grilled Chicken Breast, Bell Peppers, Onion, Mozzarella, Cilantro, Tortilla Wrap and Spices

- Sloppy Joe Wrap Protein: 40g Carbs: 54g Fat: 14g Calories: 500

Ingredients: Lean ground beef, cheddar cheese, tortilla, sloppy joe sauce

-South West Turkey Wrap: Protein 40g Carbs 52g Fats 14g Cal 494

Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Jalapeno, Cheddar Cheese

-Kickin Cajun Chicken Wrap : Protein 42g Carbs 48g Fats 14g Cal 486

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce

Snacks

Double Chocolate Protein Donut: Protein: 24g Carbs: 27g Fat: 5g Calories: 245

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut oil, Sugar Free Chocolate Protein Icing and Keto friendly White Chocolate Chips

-Very Vanilla Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

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

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

Ingredients: Multi Berry baking mix, Whey Protein, Coconut Oil, Egg, Almond Milk, White Chocolate Chips

-Turtle Protein CheeseCake : Protein: 25g Carbs: 32g Fat: 9g Calories: 309

Ingredients: Greek Yogurt, Sugar Free Cheesecake Flavoring, Whey Protein, Coconut Oil, Pecans, Chocolate Chips and Sugar Free Caramel

-Butter Pecan Keto Fudge (GF): Protein: 15g Carbs: 7g Fats: 28g Calories: 496

Ingredients: Pecans, Peanut Butter, Butter Pecan Whey Protein, Coconut Oil, Splenda

-Oatmeal Raisin Protein Cookie (GF): Protein: 14g Carbs: 43g Fats: 8g Calories: 348

Ingredients: Oat Flour, Whey Protein, Pumpkin, Apple Sauce, Egg Whites, Raisins, Baking Soda, Cinnamon, Splenda, Coconut Oil

Vegetarian/Vegan Menu Entrée

-Vegan Fajita Bowl (GF)(DF) Protein: 12g Carbs: 50g Fat: 5g Calories: 293

Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers and Fajita Seasoning

FireCracker Chick Pea Bowl(GF) (DF): Protein: 19g Carbs: 59g Fats: 8g Calories: 392

Ingredients: Chick Peas, Brown Rice, Bell Peppers, Spinach, Sriracha, Cayenne Pepper, Spices

-Honey BBQ TOFU (DF) (GF) Protein: 19g Carbs: 59g Fats: 16g Calories: 456

Ingredients: Tofu, Jasmine Rice, Broccoli, BBQ Sauce, Honey, and Spices

-Stuffed Zucchini Boats : Protein: 21g Carbs: 36g Fat: 11g Calories: 307

Ingredients: Black Beans, Corn, Salsa, Tortilla, Cilantro Lime Sauce

Long Life Kids Meals

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, Parm5esan, 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

Cinnamon Spice Almond Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180

Ingredients: Almonds, Cinnamon, Spices

Chocolate Almond Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Calories: 190

Ingredients: Almonds, Coconut Oil, Cocoa

Honey Cinnamon Peanut Butter (GF, DF): Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180

Ingredients: Peanuts, Honey, Cinnamon

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