

# LONG LIFE MEAL PREP

## NEW WEEKLY MENU 4/17– 4/23(Ship Date 4/22)

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

Ingredients: Protein Pancake Mix, Sugar Free Chocolate Chips, Almond Milk and

**Double Cheese Breakfast Omelet (GF):** Protein: 28g Carbs: 4g Fat: 18g Calories: 290

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

Size: Low Carb (Keto) (GF)

**- Egg White Cheese and Bacon Breakfast Wrap :** Protein: 40g Carbs: 47g Fat: 12g Calories: 452

Ingredients: Egg Whites, Bacon, Cheddar 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

**- Shepards Pie Bowl (GF):** Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 25g Carbs: 33g Fats: 12g Calories:340

size: **Muscle Gain** Protein: 39g Carbs: 46g Fats: 14g Calories:472

size: **Low Carb/Keto Friendly (GF)** Protein: 35g Carbs: 16g Fats: 13g Calories:321

Ingredients: Lean Ground Beef, Cauliflower Mash, Mixed Vegetables, Cheddar Cheese, Spices

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

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

size: **Muscle Gain** Protein: 45g Carbs: 40g Fats: 14g Calories: 466

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

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

**- Stuffed Bell Peppers (GF):** Ingredients: Ground Turkey, Quinoa, Tomato Sauce, Bell Peppers, Spinach, Parmesan, Mozzarella, spices

size: **Weight Loss** Protein: 25g Carbs: 35g Fats: 8g Cal: 312

size: **Muscle Gain** Protein: 40g Carbs: 45g Fats: 10g Cal: 430

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 15g Fats: 9g Cal: 277

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

**-Kung Pao Chicken Bowl: (DF)** Ingredients: chicken breast, basmati rice, bell peppers, carrots, kung pao sauce, peanuts, sesame seeds

size: **Weight Loss** Protein:26g Carbs:32g Fat:5g Calories:277

size: **Muscle Gain** Protein:40g Carbs:44g Fat:8g Calories:408

size: **Low Carb/Keto Friendly (DF)** Protein:32g Carbs:14g Fat:10g Calories:274

Ingredients: roasted chicken breast, broccoli, bell peppers, carrots, kung pao sauce, peanuts, sesame seeds

**- Sweet Chili Chicken Bowl (GF)(DF):** Ingredients: Grilled Chicken, basmati rice, sauteed squash, bell peppers, sweet chili sauce

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/Keto Friendly (GF)(DF):** Protein 34g Carbs 15g Fats 18g Cal 318

Ingredients: Grilled Chicken, sauteed squash, bell peppers, mozzarella cheese, sweet chili sauce

**- Shrimp and Sauteed Broccoli with Sweet Chili Sauce (Lean N' Green)(GF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

size: **Lean N Green (Low Carb)** Protein:30g Carbs: 17g Fats: 8g Calories: 260

- **Hibachi Grilled Skillet(Lean N' Green)(GF):** Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Zucchini, Squash, Broccoli, Carrots, Onion, Sesame Seeds, Teriyaki Soy Sauce, Spices  
size: **Lean N Green (Low Carb)** Protein: 37g Carbs: 14g Fats: 10g Cal: 294
- **Taco Beef Protein Pockets (Macros per pocket):** Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco Seasonings  
Protein: 23g Carbs: 49g Fats: 13g Calories: 405
- **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**

- **Chicken, Bacon and Ranch Wrap:** Protein 46g Carbs 50g Fats 20g Cal 564  
Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning and Tortilla
- **Sweet Chili Grilled Chicken Wrap:** Protein 40g Carbs 50g Fats 14g Cal 486  
Ingredients: grilled chicken breast, cheese, bell peppers, sweet chili sauce, tortilla, spices
- **Pizza Wrap:** Protein 40g Carbs 50g Fat: 18g Cal 522  
Ingredients: Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese
- **Beef Mexi Melt Wrap:** Protein 42g Carbs 50g Fats 20g Cal 548  
Ingredients: Ground Beef, Cheddar, Tortilla Wrap, Salsa, Black Beans, Taco Seasoning

## **Snacks**

- **Cinna Roll Protein Donuts:** Protein: 18g Carbs: 34g Fats: 12g Calories: 306 (2 Donuts)  
Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Sugar Free Frosting, Cinnamon, Almond Milk and Splenda
- **Blueberry Protein Popper:** Protein: 20g Carbs: 24g Fat: 12g Calories: 284  
Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk and Keto White Chocolate Chip
- **Dark Chocolate Mint Keto Fudge:** Protein: 12g Carbs: 7g Fat: 28g Calories: 328  
Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Keto Mint Chocolate Chips
- **Blackberry Vanilla Parfait :** Protein: g Carbs: g Fat: g Calories:  
Ingredients: Greek Yogurt, Sugar Free Vanilla Flavor, Blackberries, and Granola
- **Trail Mix Energy Bites :** Protein: 15g Carbs: 42g Fats: 22g Calories: 418  
Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries and Raisins

## **Vegetarian/Vegan Menu Entrée**

- **Lentil Shepard Pie Bowl :** Protein 26g Carbs 39g Fats 14g Cal 386  
Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices
- **Kung Pao Tofu Bowl:(DF)** Protein: 15g Carbs: 45g Fat: 8g Calories: 312  
Ingredients: extra firm tofu, basmati rice, bell peppers, peanuts, Kung Pao sauce, spices
- **Sweet Chili Chick Pea Bowl :** Protein: 19g Carbs: 59g Fat: 6g Calories: 366  
Ingredients: Chick Peas, Basmati Rice, Sauteed Squash, Bell Peppers, Sweet Chili Sauce, Spices
- **Black Bean Burger with Sweet Potato Mash:(GF)(DF)** Protein: 16g Carbs: 55g Fat: 3g Calories: 311  
Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, and Spices. (Side Spicy Ketchup)

## **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, 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***

**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

## **Immunity Boost Shooter**

Protein: 1g Carbs: 4g Fat: 0g Calories: 20

Ingredients: Lemon, Apple Cider Vinegar, Raw Honey, Turmeric, Black Pepper