

**NEW WEEKLY MENU 07/10/24– 07/16/24(Ship Date: 07/15/24)**

***Breakfast***

**-Triple Berry Protein Waffles :** Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Almond Milk, Triple Berry Baking Mix

**-Veggie and Cheese Breakfast Omelet (GF):** Protein: 32g Carbs: 6g Fat: 14g Calories: 296

Ingredients: Egg Whites, Provolone Cheese, Mushrooms, Bell Peppers, Onions, Spinach, Spices

**- Southwest Breakfast Wrap :** Protein: 28g Carbs: 52g Fat: 16g Calories: 464

Egg whites, Cheddar Cheese, Tortilla Wrap, Corn, Black Beans, Salsa, Cilantro and Spices

**-Ham, Egg and Cheese Protein Pockets :** (2 Per Container)(Macros Per Pocket) Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, Spices Protein: 24g Carbs:31 Fats: 9g Calories: 301

**- 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***

**-Korean Beef Bowl (DF):** Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds and Korean Sauce

**size: Weight Loss :** Protein: 25g Carbs: 36g Fat:9g Calories: 325

**size: Muscle Gain:** Protein: 40g Carbs: 48g Fat: 14g Calories: 478

**size: Low Carb/Keto Friendly (DF)** Protein: 34g Carbs: 12g Fat: 10g Calories: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce and Sesame Seeds

**- Buffalo Chicken Bowl : (GF/DF)** Ingredients: Shredded Chicken Breast, Basmati Rice, Mixed Vegetables, Buffalo Sauce and Spices

**size: Weight Loss** Protein: 25g Carbs: 30g Fat: 5g Calories: 265

**size: Muscle Gain** Protein: 40g Carbs: 42g Fat: 8g Calories: 400

**size: Low Carb/Keto Friendly (GF)** Protein: 35g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Chicken Breast, Mixed Vegetables, Buffalo Sauce, Cheddar Cheese and 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 Fat 7g Cal 295

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

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

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

**-Pizza Bowl:** Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesean Cheese, Spinach and Italian Seasoning

**Size: Weight Loss** Protein: 25g Carbs: 32g Fat: 15g Calories: 352

**Size: Muscle Gain** Protein: 45g Carbs: 46g Fat: 19g Calories: 535

**Size: Low Carb (GF)** Protein: 34g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella Cheese, Parmesan Cheese and Italian Seasoning

**-Mesquite Chicken Bowl (DF/GF):** Ingredients: Grilled Chicken Breast, Sweet Potatoes, Broccoli and Spices

**Size: Weight Loss** Protein: 25g Carbs: 27g Fats: 3g Calories: 235

**Size: Muscle Gain** Protein:40g Carbs:40g Fat:5g Calories:365

**Size: Low Carb (GF)** Protein: 38g Carbs: 12g Fats: 14g Calories: 318

Ingredients: Grilled Chicken Breast, Broccoli, Cheddar Cheese and Spices

**-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

**-“ The Prodigy Bowl” Signature Meal of Mr. Olympia 212( GF/DF)** Ingredients: Lean Ground Beef, Garlic Potato Mash, Seasoned Asparagus

Protein: 41g Carbs:46g Fats: 11g Calories: 447

**-Hibachi Skillet with Brown Rice (GF/DF):** Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Onion, Teriyaki Soy Sauce, Spices **size: Muscle Gain:** Protein: 37g Carbs: 49g Fat: 10g Calories: 434

## ***Lean & Green Entrees***

**-Shrimp and Sauteed Broccoli with Sweet Chili LNG'(DF)(GF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers, Sweet Chili Sauce, Spices

**Size: Lean & Green** Protein:30g Carbs: 17g Fats: 8g Calories: 260

**-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

## ***Wraps***

**-BBQ Beef Wrap :** Protein: 42g Carbs: 48g Fat: 16g Calories: 504

Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, BBQ Sauce

**-Buffalo Shredded Chicken Wrap:** Protein: 46g Carbs: 48g Fat: 14g Calories: 486

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce and a side of Ranch

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

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

**-Mesquite Grilled Chicken Wrap :** Protein:34g Carbs:50g Fats:10g Calories: 426

Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap and Spices

## ***Snacks***

**-Lemon Cake protein Poppers:** Protein: 22g Carbs: 23g Fat: 8g Calories: 252

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

**-Cookies and Cream Protein Donuts:** Protein: 24g Carbs: 28g Fat: 8g Calories: 280

Ingredients: Sugar Free Cake Mix, Whey Protein Powder, Egg Whites, Cookies, Coconut Oil

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

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

**-Trail Mix Energy Bites: (GF)**Protein: 15g Carbs: 42g Fat: 22g Calories: 418

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries and Raisins

**-Low Carb Cherry Cheesecake :** Protein: 22g Carbs: 18g Fat: 5g Calories: 205

Ingredients: Greek yogurt, cherries, sugar free cheesecake flavoring, graham cracker

## ***Vegetarian/Vegan Menu Entrée***

**-Korean Tofu Bowl( DF)** Protein 16g Carbs 45g Fats 8g Cal 312

Ingredients: Extra Firm Tofu, Brown Rice, Broccoli Shredded Carrots, Korean Sauce, Sesame Seeds

**-Stuffed Zucchini Boats (GF):** Protein: 21g Carbs: 36g Fat: 11g Calories: 307

Ingredients: Zucchini, Chick Peas, Marinara Sauce, Spinach, Parmesan & Mozzarella Cheese, Garlic and Spices

**-Cilantro Lime Veggie Burrito Bowl :** Protein: 21g Carbs: 46g Fat: 11g Calories: 347

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

**-Buffalo Cauliflower Bites Bowl( GF):** Protein: 9g Carbs: 57g Fats:5g Calories: 309

Ingredients: Cauliflower, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices, Side Cup of Ranch

## ***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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