

NEW WEEKLY MENU 07/17/24– 07/23/24(Ship Date: 07/22/24)

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

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

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

- Ham, Egg and Cheese Breakfast Wrap : Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Ham, 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

-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: 347

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

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

size: Weight Loss Protein: 28g Carbs: 28g Fat: 10g Calories: 314

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

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

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

-Creamy Tuscan Chicken Bowl : Ingredients: Oven Roasted Chicken, Orzo, Green Beans, Sun Dried Tomatoes, Creamy Tuscan Sauce, Parmesan, Garlic and Spices.

size: Weight Loss Protein: 26g Carbs: 29g Fats: 9g Calories: 301

size: Muscle Gain Protein: 40g Carbs: 41g Fats: 12g Calories: 432

size: Low Carb/Keto (GF) Protein 26g Carbs 29g Fats 8g Cal 301

Ingredients: Oven Roasted Chicken, Green Beans, Sun Dried Tomatoes, Creamy Tuscan Sauce, Parmesan, Garlic and Spices.

-Egg Roll In a Bowl: Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce

Size: Weight Loss Protein: 26g Carbs: 29g Fat: 6g Calories: 274

Size: Muscle Gain Protein: 40g Carbs: 41g Fat: 8g Calories: 388

Size: Low Carb (GF) Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground Turkey, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce

-Sweet Chili Chicken Bowl (DF/GF): Ingredients: Grilled Chicken, basmati rice, seasoned 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 (GF) Protein 34g Carbs 15g Fats 18g Cal 318

Ingredients: Grilled Chicken Breast, seasoned squash, 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

-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

-Philly Cheese Protein Pockets (Macros Per Pocket) **Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, and seasonings** **Protein: 23g Carbs:49 Fats: 13g Calories: 405**

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

-Parm Crusted Tilapia LNG'(DF)(GF): Ingredients: Baked Tilapia, Squash, Zucchini, Parmesan, Garlic, Spices

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

Wraps

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

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

-Sweet Chili Chicken Wrap: Protein: 40g Carbs: 50g Fat: 14g Calories: 486

Grilled Chicken Breast, Mozzarella Cheese, Bell Peppers, Sweet Chili Sauce, Tortilla Wrap & Spices

-Chicken Bacon Ranch Wrap: Protein 46g Carbs 50g Fats 20g Cal 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning and Tortilla

-Turkey Burger Wrap : Protein 44g Carbs 48g Fats 16g Cal 512

Ingredients: Ground Turkey, Tortilla Wrap, Cheddar Cheese, Onion, Spicy Sriracha, BBQ Sauce, Spices

Snacks

-Blueberry Protein Poppers: Protein: 20g Carbs: 24g Fat: 12g Calories: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk and White Chocolate Chip

-Very Vanilla Protein Donuts: Protein: 24g Carbs: 28g Fat: 8g Calories: 280

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

-Double Fudge Walnut Protein Brownies: Protein: 24g Carbs: 36g Fat: 14g Calories: 366

Ingredients: Sugar Free Baking Mix, Whey Protein, Eggs, Walnuts and Sugar Free Chocolate Chips

-Almond Joyish Energy Bites: (GF) Protein: 15g Carbs: 34g Fats: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Chocolate Whey Protein, Coconut, Sliced Almonds, Chia Seeds

-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

-Vanilla PB Keto Fudge (GF) : Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Peanut Butter, Vanilla Whey Protein, Sugar Free Vanilla Flavoring

Vegetarian/Vegan Menu Entrée

-Sweet Chili Chickpea Bowl(GF/ DF) Protein 19g Carbs 59g Fats 6g Cal 366

Ingredients: Chick Peas, Basmati Rice, Broccoli, Bell Peppers, Sweet Chili Sauce, Spices

-TOFU Egg Roll In A Bowl (DF): Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Brown Rice, Tofu, Cabbage, Carrots, Soy Sauce, and Spices

-Creamy Tuscan Chickpea Bowl : Protein: 18g Carbs: 51g Fats: 14g Calories: 402

Ingredients: Oven Roasted Chick Peas, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic and Parmesan

-Cauli Nugget and Home Fries Bowl(DF/ GF): Protein: 10g Carbs: 59g Fat: 6g Calories: 330

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

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 (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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