

**NEW WEEKLY MENU 08/07/24– 08/13/24(Ship Date: 08/12/24)**

***Breakfast***

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

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries

**-Turkey Sausage Scramble (GF):** Protein: 32g Carbs: 2g Fat: 16g Cal: 280

Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar Cheese, Spices

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

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

**-Protein Oat Bowl: Chocolate Lovers: Protein: 31g Carbs: 36g Fat: 10g Cal: 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 Cal: 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 Cal: 431**

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

***ENTREES***

**-Cheeseburger Bowl (GF) :** Ingredients: Ground Beef, Brown Rice, Cheddar Cheese, Onions, Dill Pickles, Ketchup, Mustard

size: **Weight Loss** : Protein: 28g Carbs: 30g Fat: 12g Cal: 340

size: **Muscle Gain**: Protein: 48g Carbs: 45g Fat: 16g Cal: 516

size: **Low Carb/Keto Friendly**: Protein: 36g Carbs: 10g Fat: 20g Cal: 364

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

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

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

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

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

Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese

**-Teriyaki Chicken Bowl (DF) :** Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

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

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

size: **Low Carb/Keto** : Protein: 31g Carbs: 15g Fat: 7g Cal: 247

Ingredients: Oven Roasted Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

**-Kickin Cajun Chicken (GF):** Ingredients: Shredded Chicken, Basmati Rice, Broccoli, Kickin Cajun Sauce

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

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

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

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

**-Italian Turkey with Zucchini Bowl:** Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Mozzarella Cheese, Spices

Size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Cal: 332

Size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Cal: 463

Size: **Low Carb (GF)** Protein: 32g Carbs: 13g Fat: 14g Cal: 306

Ingredients: Ground Turkey, Zucchini, Mozzarella Cheese, Parmesan, 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 Cal: 401

**-Hibachi Grilled Skillet with Brown Rice (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 Cal: 434

**-Buffalo Chicken Protein Pockets: (Macros Per Pocket)** Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch

## ***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 Fat: 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 Cal: 296**

## ***Wraps***

**-Cheeseburger Wrap :** Protein: 40g Carbs: 48g Fat: 18g Cal: 514

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

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

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

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

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

**-Italian Turkey Wrap:** Protein: 40g Carbs: 50g Fat: 18g Cal: 522

Ingredients: Ground Turkey, Mozzarella Cheese, Tortilla Wrap, Parmesan, Marinara Sauce, Spices

## ***Snacks***

**-Chocolate Birthday Cake Protein Donut:** Protein: 22g Carbs: 23g Fat: 8g Cal: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Sugar Free Protein Icing, Sprinkles

**-Very Vanilla Protein Poppers:** Protein: 24g Carbs: 23g Fat: 8g Cal: 252

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

**-Lemon Pound Cake Protein Bar:** Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg, Lemon Extract, Keto White Chocolate Chips

**-Trail Mix Energy Bites:** Protein: 15g Carbs: 42g Fat: 22g Cal: 418

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

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

Ingredients: Greek Yogurt, Cherries, Sugar Free Cheesecake Flavoring, Graham Cracker

## ***Vegetarian/Vegan Menu Entrée***

**-Teriyaki TOFU Bowl (DF):** Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Broccoli, Soy Sauce, Teriyaki Sauce

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

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

**-Garlic Parm Chick Pea Bowl :** Protein: 14g Carbs: 57g Fat: 4g Cal: 320

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

**-Italian Chickpea Ziti:** Protein: 16g Carbs: 50g Fat: 8g Cal: 374

Ingredients: Chickpeas, Ziti, Marinara, Mozzarella Cheese, Spinach, Garlic, 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 Cal: 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 Cal: 180

Ingredients: Almonds, Cinnamon, Spices

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

Ingredients: Almonds, Coconut Oil, Cocoa

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

Ingredients: Peanuts, Honey, Cinnamon

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