

**NEW WEEKLY MENU 09/11/24– 09/17/24(Ship Date: 09/16/24)**

***Breakfast***

**-Pumpkin Spice Protein Waffle:** Protein: 22g Carbs: 38g Fat: 8g Cal: 304

Ingredients: Protein Waffle Mix, Pumpkin, Pumpkin Pie Spice, Almond Milk, Cinnamon

**-Crustless Quiche (GF):** Protein: 28g Carbs: 4g Fat: 19g Cal: 299

Ingredients: Eggs, Milk, Cheddar, Mozzarella, and Parmesan Cheese, Spinach, Green Onions, Ham, Spices

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

Ingredients: Egg Whites, Cheddar and 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***

**-Tuscan Chicken Bowl:** Ingredients: Oven Roasted Chicken, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

**size: Weight Loss:** Protein: 26g Carbs: 29g Fat: 9g Cal: 301

**size: Muscle Gain:** Protein: 40g Carbs: 41g Fat: 12g Cal: 432

**size: Low Carb/Keto (GF):** Protein: 32g Carbs: 12g Fat: 11g Cal: 275

Ingredients: Oven Roasted Chicken, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

**-Loaded Smash Potato Bowl (GF):** Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices (1oz Cup of Greek Yogurt on the Side)

**size: Weight Loss:** Protein: 25g Carbs: 32g Fat: 9g Cal: 309

**size: Muscle Gain:** Protein: 45g Carbs: 49g Fat: 12g Cal: 484

**size: Low Carb/Keto:** Protein: 38g Carbs: 14g Fat: 14g Cal: 334

Ingredients: Ground Turkey, Cauliflower Mash, Cheddar Cheese, Chili Beans, Green Beans Chili Seasoning, Spices (1oz Cup of Greek Yogurt on the Side)

**-Cheesy Chicken Bake Bowl:** Ingredients: Seasoned Shredded Chicken, Basmati Rice, Broccoli, Cheddar Cheese, Spices

**size: Weight Loss:** Protein: 28g Carbs: 32g Fat: 11g Cal: 339

**size: Muscle Gain:** Protein: 42g Carbs: 48g Fat: 14g Cal: 486

**size: Low Carb/Keto (GF):** Protein: 32g Carbs: 10g Fat: 13g Cal: 285

Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, Spices

**-Cheeseburger Bowl:** Ingredients: Ground Beef, Brown Rice, Spinach, 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 (GF):** Protein: 36g Carbs: 10g Fat: 20g Calories: 364

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

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

**Size: Weight Loss (DF):** Protein: 25g Carbs: 27g Fat: 3g Cal: 235

**Size: Muscle Gain (DF):** Protein: 40g Carbs: 40g Fat: 5g Cal: 365

**Size: Low Carb/Keto:** Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Grilled Chicken Breast, Broccoli, Cheddar Cheese, 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 (GF):** 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

**-Philly Cheese Protein Pockets (Macros Per Pocket):** Protein: 23 Carbs: 49 Fat: 13 Cal: 405

Ingredients: Ground Beef, Mozzarella and Provolone Cheese, Greek Yogurt, Flour, Green Bell Peppers, Onions, Seasoning

***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 Cal: 260**

**-Honey BBQ Glazed Salmon LNG' (DF/GF):** Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, Spices **Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Cal: 260**

## **Wraps**

**-Mesquite Chicken Wrap:** Protein: 34g Carbs: 50g Fat: 10g Cal: 426

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

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

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

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

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce, Spices

**-General Tso Chicken Wrap (DF):** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Roasted Chicken, Whole Wheat Tortilla Wrap, Shredded Carrots, General Tso Sauce

## **Snacks**

**-Apple Cinnamon Protein Donut:** Protein: 22g Carbs: 38g Fat: 10g Cal: 330

Ingredients: Sugar Free Cake Mix, Apples, Apple Sauce, Whey Protein, Coconut Oil, Sugar Free White Chocolate Chips, Splenda, Cinnamon

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

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

**-Pumpkin Cheesecake Protein Bar:** Protein: 24g Carbs: 34g Fat: 8g Cal: 304

Ingredients: Sugar Free Baking Mix, Eggs, Sugar Free Pudding, Whey Protein, Pumpkin Pie Spice

**-Maple Pecan Keto Fudge (GF):** Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Ingredients: Vanilla Whey Protein, Coconut Oil, Sugar Free Vanilla Flavoring, Maple Extract, Pecans

**-Cookie Dough Bites (Vegan):** Protein: 15g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Vegan Protein, Dairy Free Chocolate Chips, Coconut Flour, Vanilla Extract, Sea Salt, Maple Syrup

## **Vegetarian/Vegan Menu Entrée**

**-Creamy Tuscan Chickpea Bowl:** Protein: 18g Carbs: 51g Fat: 14g Cal: 402

Ingredients: Oven Roasted Chickpeas, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic, Parmesan

**-Thai Peanut Tofu Bowl:** Protein: 15g Carbs: 45g Fat: 10g Cal: 330

Ingredients: Extra Firm Tofu, Mixed Vegetables, Basmati Rice, Thai Peanut Sauce, Spices

**-Loaded Smash Potato Bowl;** Protein: 16g Carbs: 50g Fat: 12g Cal: 372

Ingredients: Smashed Potatoes, Cheddar Cheese, Chili Beans, Green Beans, Chili Seasoning, Spices (1oz cup of Greek Yogurt on the side)

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

Ingredients: Zucchini, Chick Peas, Marinara Sauce, Spinach, Mozzarella and Parmesan Cheese, 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, Parm5esan, 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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