

## LONGLIFEMEALPREP.COM

### NEW WEEKLY MENU 10/2/24– 10/8/24(Ship Date: 10/7/24)

#### ***Breakfast***

**-Apple Cinnamon Protein Waffle:** Protein: 22g Carbs: 40g Fat: 4g Cal: 320

Ingredients: Apple Cinnamon Baking Mix, Protein Pancake Mix, Apple Sauce, Almond Milk, Cinnamon

**-Keto Breakfast Hash (GF):** Protein: 28g Carbs: 6g Fat: 20g Cal: 316

Ingredients: Egg whites, Bacon, Mozzarella and Cheddar Cheese, Onions, Bell Peppers, Spices

**-Turkey Sausage Breakfast Wrap:** Protein: 40g Carbs: 48g Fat: 12g Cal: 452

Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese, Tortilla Wrap and 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***

**-Buffalo Chicken Mac & Cheese Bowl:** Ingredients: Shredded Chicken Breast, Pasta, Mixed Vegetables, Cheese Sauce, Buffalo Sauce, Spices (Side of Ranch)

**size: Weight Loss:** Protein: 24g Carbs: 40g Fat: 10g Cal: 346

**size: Muscle Gain:** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

**size: Low Carb/Keto:** Protein: 34g Carbs: 14g Fat: 16g Cal: 340

Ingredients: Shredded Chicken Breast, Mixed Vegetables, Cheddar Cheese, Buffalo Sauce, Spices (Side of Ranch)

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

**size: Weight Loss:** Protein: 25g Carbs: 33g Fat: 12g Cal: 340

**size: Muscle Gain:** Protein: 39g Carbs: 46g Fat: 14g Cal: 472

**size: Low Carb/Keto:** Protein: 35g Carbs: 16g Fat: 13g Cal: 321

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

**-Chicken Spaghetti Bowl (DF):** Ingredients: Oven Roasted Chicken Breast, Pasta, Marinara Sauce, Mozzarella and Parmesan Cheese, Spinach, Spices

**size: Weight Loss:** Protein: 28g Carbs: 34g Fat: 8g Cal: 330

**size: Muscle Gain:** Protein: 42g Carbs: 48g Fat: 10g Cal: 450

**size: Low Carb/Keto:** Protein: 32g Carbs: 13g Fat: 13g Cal: 306

Ingredients: Oven Roasted Chicken Breast, Zucchini, Mozzarella and Parmesan Cheese, Marinara, Spinach, Spices

**-Asian Sesame Turkey Bowl (DF):** Ingredients: Ground Turkey, Brown Rice, Garlic Seasoned Green Beans, Soy Sauce, Green Onions, Sesame Oil, Sesame Seeds

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

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

**Size: Low Carb/Keto:** Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground Turkey, Garlic Seasoned Green Beans, Soy Sauce, Green Onions, Sesame Oil, Sesame Seeds

**-Fajita Chicken Bowl (GF):** Ingredients: Grilled Chicken Breast, Basmati Rice, Bell Peppers, Onions, Cilantro, Mozzarella Cheese, Spices

**Size: Weight Loss:** Protein: 27g Carbs: 30g Fat: 8g Cal: 300

**Size: Muscle Gain:** Protein: 42g Carbs: 40g Fat: 10g Cal: 418

**Size: Low Carb/Keto:** Protein: 32g Carbs: 10g Fat: 8g Cal: 240

Ingredients: Grilled Chicken Breast, Cauliflower Rice, Bell Peppers, Onions, Cilantro, Mozzarella 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/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

**-Pizza Protein Pockets (Macros Per Pocket):** Protein: 22 Carbs: 50 Fat: 13 Cal: 405

Ingredients: Ground Turkey, Greek Yogurt, Flour, Marinara, Pepperoni, Mozzarella and Parmesan Cheese, Spices

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

**-Shrimp and Sauteed Broccoli with Sweet Chili Sauce (DF/GF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers, Sweet Chili Sauce, Spices **Size: Lean & Green Protein:30g Carbs: 17g Fat: 8g Cal: 260**

**-Sizzlin Steak Skillet (GF/DF):** Ingredients: Grilled Lean Steak, Onions, peppers, Carrots, Mushrooms, Kale, Spices  
**Size: Lean & Green Protein: 34g Carbs: 14g Fat: 10g Cal: 282**

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

## ***Wraps***

**-Buffalo Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Cal: 486  
Ingredients: Shredded Chicken, Cheddar Cheese, Tortilla Wrap, Buffalo Sauce, Spices

**-BBQ Beef Wrap:** Protein: 42g Carbs: 48g Fat:16g Cal: 504  
Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, BBQ Sauce

**-Italian Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 12g Cal: 468  
Ingredients: Roasted Chicken, Tortilla Wrap, Marinara, Mozzarella and Parmesan Cheese, Spices

**-Fajita Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 12g Cal: 486  
Ingredients: Grilled Chicken Breast, Tortilla Wrap, Bell Peppers, Onions, Mozzarella Cheese, Cilantro, Spices

## ***Snacks***

**-Double Chocolate Protein Donut:** Protein: 24g Carbs: 27g Fat: 5g Cal: 245  
Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Egg Whites, White Chocolate Chips, Splenda, Sugar Free Frosting

**-Lemon Cake Protein Poppers:** Protein: 22g Carbs: 23g Fat: 8g Cal: 252  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Lemon, Lemon Extract

**-Pumpkin Cheesecake Protein Bar:** Protein: 24g Carbs: 34g Fat: 8g Cal: 304  
Ingredients: Sugar Free Baking Mix, Egg, Whey Protein, Sugar Free Pudding, Pumpkin Pie Spice, Sugar Free Frosting

**-Banana Nut Protein Bar w/Caramel Drizzle:** Protein: 18g Carbs: 29g Fat: 12g Cal: 296  
Ingredients: Banana Nut Protein Baking Mix, Whey Protein, Eggs, Almond Milk, Sugar Free Caramel Sauce

**-Vanilla Peanut Butter Fudge (GF):** Protein: 12g Carbs: 7g Fat: 28g Cal: 328  
Ingredients: Peanut Butter, Coconut Oil, Vanilla Whey Protein, Sugar Free Vanilla Flavoring

**-Cranberry Orange Energy Bites:** Protein: 25g Carbs: 24g Fat: 22g Cal: 394  
Ingredients: Peanut Butter, Oats, Cranberry, Walnuts, Vanilla Whey Protein, Sugar Free Jello (Keep Cold)

## ***Vegetarian/Vegan Menu Entrée***

**-Parmesan Crusted Tofu Bowl:** Protein: 15g Carbs: 45g Fat: 8g Cal: 312  
Ingredients: Baked Tofu, Seasoned Basmati Rice, Broccoli, Parmesan Cheese, Garlic, Lemon Pepper, Spices

**-Italian Chick Pea Spaghetti Bowl:** Protein: 16g Carbs: 50g Fat: 12g Cal: 374  
Ingredients: Chickpeas, Pasta, Marinara, Mozzarella Cheese, Spinach, Garlic, Spices

**-Lentil Shepherd's Pie Bowl (GF):** Protein: 26g Carbs: 39g Fat: 14g Cal: 386  
Ingredients: Garlic Mash, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

**-Roasted Veggie Skillet (GF/DF):** Protein: 10g Carbs: 47g Fat: 5g Cal: 213  
Ingredients: Roasted Red Potatoes, Onions, Peppers, Kale, Carrots, Mushrooms, 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

**Pumpkin Spice Almond Butter (GF, DF):** Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Cal: 180  
Ingredients: Pumpkin Spice Almonds, Cinnamon, Spices

