

# LONGLIFEMEALPREP.COM

## NEW WEEKLY MENU 10/23/24– 10/29/24(Ship Date: 10/28/24)

### ***Breakfast***

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

Ingredients: Protein Pancake Mix, Cranberry Orange Baking Mix, Almond Milk, Cranberries, Orange Zest

**-Turkey Sausage & Cheese Breakfast Omelet:** 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 and Mozzarella 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***

**-Chicken Enchiladas w/Salsa Verde Bowl:** Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese,

Tomatoes, Flour Tortilla, Refried Beans, Jalapenos, Fresh Cilantro

**size: Weight Loss:** Protein: 25g Carbs: 35g Fat: 6g Cal: 294

**size: Muscle Gain:** Protein: 40g Carbs: 43g Fat: 8g Cal: 364

**size: Low Carb/Keto (GF):** Protein: 34g Carbs: 15g Fat: 12g Cal: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro, Spices

**-Philly Cheese Bowl (GF):** Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

**size: Weight Loss:** Protein: 28g Carbs: 28g Fat: 8g Cal: 296

**size: Muscle Gain:** Protein: 45g Carbs: 40g Fat: 14g Cal: 482

**size: Low Carb/Keto:** Protein: 36g Carbs: 14g Fat: 12g Cal: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

**-Chicken Alfredo Bowl:** Ingredients: Oven Roasted Chicken, Noodles, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese,

Salt & Pepper

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

**size: Muscle Gain:** Protein: 42g Carbs: 48g Fat: 18g Cal: 450

**size: Low Carb/Keto (GF):** Protein: 34g Carbs: 12g Fat: 20g Cal: 364

Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt & Pepper

**-Jerk Chicken Bowl:** Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

**Size: Weight Loss (GF/DF):** Protein: 25g Carbs: 32g Fat: 3g Cal: 255

**Size: Muscle Gain GF/DF:** Protein: 40g Carbs: 52g Fat: 5g Cal: 413

**Size: Low Carb/Keto (GF):** Protein: 38g Carbs: 12g Fat: 18g Calories: 318

Ingredients: Grilled Chicken, Green Beans, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Spices

**-Loaded Smash Potato Bowl (GF):** Ingredients: Ground Turkey, Smashed Potatoes, Cheddar Cheese, Chili Beans, Green

Beans, Chili Seasoning, Spices (Side: 1oz Cup of Greek Yogurt)

**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 (Side: 1oz Cup of Greek Yogurt)

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

**Size: Weight Loss:** Protein: 25g Carbs: 30g Fat: 5g Cal: 265

**Size: Muscle Gain:** Protein: 40g Carbs: 42g Fat: 8g Cal: 400

**Size: Low Carb/Keto:** Protein: 35g Carbs: 10g Fat: 20g Cal: 380

Ingredients: Chicken Breast, Mixed Vegetables, Buffalo Sauce, 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/DF):** Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Carrots, Onion, Onion, Teriyaki Soy Sauce, Spices size: Muscle Gain: Protein: 37g Carbs: 49g Fat: 10g Cal: 434

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

Ingredients: Ground Beef, Greek Yogurt, Flour, Salsa, Cheddar Cheese, Spinach, Taco Seasoning

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

**-Shrimp and Sauteed Broccoli with Sweet Chili Sauce 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 (GF/DF):** Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, Spices **Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Cal: 260**

**-BBQ Shredded Beef Skillet LNG (GF/DF):** Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce **Size: Lean & Green Protein: 42 Carbs: 14 Fat: 16 Cal: 368**

### ***Wraps***

**-Chicken Enchilada Wrap:** Protein: 40g Carbs: 50g Fat: 14g Cal: 486

Ingredients: Shredded Chicken Breast, Corn, Black Beans, Cheddar Cheese, Fresh Cilantro, Tortilla Wrap, Spices

**-Philly Cheese Wrap:** Protein: 40g Carbs: 50g Fat:20g Cal: 532

Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone and Mozzarella Cheese

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

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap, Spices

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

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

### ***Snacks***

**-Halloween Protein Donut:** Protein: 24g Carbs: 37g Fat: 8g Cal: 316

Ingredients: Sugar Free Baking Mix, Whey Protein, Sugar Free Frosting, Food Coloring, White Chocolate Chips, Sprinkles

**-Cookies and Cream Protein Poppers:** Protein: 24g Carbs: 28g Fat: 8g Cal: 280

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

**-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

**-Apple Pie Protein Bar:** Protein: 20g Carbs: 40g Fat: 8g Cal: 312

Ingredients: Apple Cinnamon Baking Mix, Apples, Whey Protein, Egg, Spices

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

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

**-Candy Bar Keto Fudge:** Protein: 15g Carbs: 9g Fat: 28g Cal: 348

Ingredients: Organic Coconut Oil, Peanut Butter, Peanuts, Chocolate Whey Protein, Sugar Free Caramel, Sugar Free Chocolate Flavoring

### ***Vegetarian/Vegan Menu Entrée***

**-Honey BBQ Tofu Bowl:** Protein: 19g Carbs: 59g Fat: 16g Cal: 456

Ingredients: Extra Firm Tofu, Jasmine Rice, Broccoli, BBQ Sauce, Honey, Spices

**-Chickpea Alfredo Bowl:** Protein: 16g Carbs: 51g Fat: 12g Cal: 378

Ingredients: Pasta, Seasoned Chickpeas, Broccoli, Alfredo Sauce, Parmesan

**-Philly Cheese Lentil Bowl:** Protein: 20g Carbs: 48g Fat: 12g Cal: 380

Ingredients: Lentils, Brown Rice, Green Bell Peppers, Onion, Mozzarella Cheese, Worcestershire 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 (Side: 1oz Cup of Greek Yogurt)

### ***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

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

Ingredients: Pumpkin Spice Almonds, Cinnamon, Spices