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NEW WEEKLY MENU 11/6/24– 11/12/24(Ship Date: 11/11/24)

Breakfast

-Chocolate Chip Protein Waffle: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Almond Milk, Chocolate Chips

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

Ingredients: Eggs, Egg Whites, Cheddar Cheese, Mozzarella Cheese, Spices

-Turkey Sausage Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Turkey Sausage, Tortilla Wrap, Spices

-Ham, Egg, Cheese Protein Pockets (Macros Per Pocket): Protein: 24 Carbs: 31 Fat: 9 Cal: 301

Ingredients: Egg, Ham, Greek Yogurt, Flour, Cheddar Cheese, 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

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

size: Weight Loss: Protein: 25g Carbs: 35g Fat: 12g Cal: 340

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

size: Low Carb/Keto (GF): Protein: 35g Carbs: 16g Fat: 13g Cal: 321

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

-Italian Chicken w/ Cheese Tortellini: Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan

size: Weight Loss: Protein: 29g Carbs: 36g Fat: 8g Cal: 332

size: Muscle Gain: Protein: 42g Carbs: 49g Fat: 10g Cal: 454

size: Low Carb/Keto (GF): Protein: 32g Carbs: 13g Fat: 9g Cal: 261

Ingredients: Roasted Chicken, Zucchini, Mozzarella Cheese, Parmesan, Marinara

-Chipotle Chicken Bowl (GF): Ingredients: Grilled Chicken Breast, Seasoned Basmati Rice, Squash, Chipotle Sauce

size: Weight Loss: Protein: 25g Carbs: 25g Fat: 11g Cal: 299

size: Muscle Gain: Protein: 40g Carbs: 40g Fat: 16g Cal: 464

size: Low Carb/Keto: Protein: 32g Carbs: 12g Fat: 12g Cal: 284

Ingredients: Grilled Chicken Breast, Squash, Cheddar Cheese, Chipotle Sauce

-Egg Roll in a Bowl (DF): Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Green Onion, Soy Sauce, (Side of Sweet & Sour Sauce)

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, Cabbage, Carrots, Green Onion, Soy Sauce, (Side of Sweet & Sour Sauce)

-Kickin Cajun Chicken Bowl(GF/DF): Ingredients: Shredded Chicken, Basmati Rice, Broccoli, Kickin Cajun Sauce, Spices

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/Keto (GF): Protein: 32g Carbs: 10g Fat: 8g Cal: 240

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

-Ham, Egg, Cheese Protein Pockets (Macros Per Pocket): Protein: 24 Carbs: 31 Fat: 9 Cal: 301

Ingredients: Egg, Ham, Greek Yogurt, Flour, Cheddar 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**

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

-Jamaican Jerk Salmon (GF/DF): Ingredients: Wild Caught Salmon, Cabbage, Shredded Carrots, Jamaican Jerk Sauce, Spices **Size: Lean & Green Protein: 36g Carbs: 12g Fat: 12g Cal: 300**

Wraps

-Italian Chicken Wrap: Protein: 40g Carbs: 50g Fat: 12g Cal: 468

Ingredients: Roasted Chicken Breast, Mozzarella Cheese, Marinara, Parmesan Cheese, Tortilla Wrap, Spices

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

Ingredients: Grilled Chicken Breast, Tortilla Wrap, Cheddar Cheese, Chipotle Sauce, Spices

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

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

-BBQ Beef Wrap: Protein: 42g Carbs: 48g Fat: 16g Cal: 504

Ingredients: Ground Beef, Cheddar Cheese, BBQ Sauce, Tortilla Wrap, Spices

Snacks

-Double Chocolate Protein Donut: Protein: 24g Carbs: 27g Fat: 5g Cal: 245

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Splenda, White Chocolate Chips and Sugar Free Frosting

-Orange Dream Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Cal: 276

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, Orange Extract, Coconut Oil

-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

-Low Carb Protein Cheesecake: Protein: 26g Carbs: 10g Fat: 8g Cal: 216

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

-Cranberry Orange Energy Bites : Protein: 25g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Oats, Cranberry, Walnuts, Vanilla Whey, Sugar Free Jello

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

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

Vegetarian/Vegan Menu Entrée

-Lentil Sheperd's Pie Bowl (GF): Protein: 26g Carbs: 39g Fat: 14g Cal: 386

Ingredients: Lentils, Garlic Mash Potato, Mixed Vegetables, Cheddar Cheese, Spices

-Tofu Egg Roll in a Bowl(DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Tofu, Brown Rice, Cabbage, Carrots, Green Onion, Soy Sauce,(Side of Sweet & Sour Sauce)

-Italian Chick Pea Tortellini Bowl: Protein: 16g Carbs: 50g Fat: 12g Cal: 374

Ingredients: Chick Peas, Cheese Tortellini, Marinara, Mozzarella,Parmesan, Spinach, Garlic, Spices

-Cilantro Lime Veggie Burritos: Protein: 21g Carbs: 46g Fat: 11g Cal: 347

Ingredients: Black Beans, Corn, Salsa, Tortilla, Cilantro Lime Sauce

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

