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NEW WEEKLY MENU 10/30/24– 11/05/24(Ship Date: 11/04/24)

Breakfast

-Red Velvet Protein Waffle: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Almond Milk, Red Velvet Extract (Side Cup of Sugar Free Protein Frosting)

-Bacon Breakfast Omelet (GF): Protein: 32g Carbs: 2g Fat: 18g Cal: 298

Ingredients: Eggs, Bacon, Cheddar Cheese, Spices

-Breakfast Burrito: Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

-BBQ Shredded Chicken w/Mac Bowl: Ingredients: Shredded Chicken Breast, Pasta, Mixed Vegetables, Cheese Sauce, Bacon, BBQ Sauce, Spices

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 (GF): Protein: 34g Carbs: 15g Fat: 16g Cal: 340

Ingredients: Shredded Chicken Breast, Bacon, Mixed Vegetables, Cheese Sauce, BBQ Sauce, Spices

-Korean Beef Bowl (DF): Ingredients: Ground Beef, Brown Rice, Broccoli, Shredded Carrots, Sesame Seeds, Korean Sauce, Spices

size: Weight Loss: Protein: 25g Carbs: 36g Fat: 9g Cal: 325

size: Muscle Gain: Protein: 40g Carbs: 48g Fat: 14g Cal: 478

size: Low Carb/Keto: Protein: 34g Carbs: 12g Fat: 10g Cal: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce, Sesame Seeds

-Teriyaki Chicken Bowl (DF): Ingredients: Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Grilled Pineapple, 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: Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Grilled Pineapple, Spices

-Honey Garlic Turkey Bowl (DF): Ingredients: Ground Turkey, Basmati Rice, Green Beans, Bell Peppers, Honey Garlic Glaze

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, Green Beans, Bell Peppers, Honey Garlic Glaze

-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 (GF): Protein: 32g Carbs: 12g Fat: 14g Cal: 302

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

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

-Steak N Greens LNG (GF/DF): Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices
Size: Lean & Green Protein: 35g Carbs: 12g Fat: 12g Cal: 296

Wraps

-BBQ Shredded Chicken Wrap: Protein: 34g Carbs: 50g Fat: 16g Cal: 480

Ingredients: Shredded Chicken Breast, Cheddar Cheese, BBQ Sauce, Tortilla Wrap, Spices

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

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

-General TSO Chicken Wrap: Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Oven Roasted Chicken, Whole Tortilla Wrap, Shredded Carrots, General TSO Sauce

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

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

-Beef Meximelt Wrap: Protein: 42g Carbs: 50g Fat: 20g Cal: 548

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Salsa, Black Beans, Taco Seasoning

Snacks

-Carmel Apple Protein Donut: Protein: 20g Carbs: 40g Fat: 10g Cal: 330

Ingredients: Apple Cinnamon Baking Mix, Whey Protein, Eggs, Apples, Coconut Oil, Sugar Free Caramel, Peanuts

-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, Egg, Whey Protein, Sugar Free Pudding, Pumpkin Pie Spice, Sugar Free Frosting

-Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk, White Chocolate Chips

-Cherry Chocolate Energy Bites (Vegan): Protein: 25g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

Vegetarian/Vegan Menu Entrée

-Honey Garlic Tofu Bowl (DF): Protein: 18g Carbs: 45g Fat: 8g Cal: 324

Ingredients: Extra Firm Tofu, Basmati Rice, Sauteed Onions, Bell Peppers, Honey Garlic Glaze

-Garlic Parm Chickpea Bowl: Protein: 14g Carbs: 57g Fat: 4g Cal: 320

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

-Black Bean Burger w/Sweet Potato Mash Bowl (GF/DF): Protein: 16g Carbs: 55g Fat: 3g Cal: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices (Side of Spicy Ketchup)

-Mediterranean Vegetarian Wrap (DF): Protein: 22g Carbs: 65g Fat: 8g Cal: 420

Ingredients: Tomato Basil Tortilla Wrap, Hummus, Sun Dried Tomatoes, Roasted Red Peppers, Chick Peas, Spinach

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

