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NEW WEEKLY MENU 10/9/24– 10/15/24(Ship Date: 10/14/24)

Breakfast

- Blueberry Protein Waffle:** Protein: 22g Carbs: 40g Fat: 8g Cal: 320
Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries
- Double Cheese Breakfast Omelet (GF):** Protein: 28g Carbs: 4g Fat: 18g Cal: 290
Ingredients: Egg whites, Egg, Cheddar and Mozzarella Cheese, 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

- Honey Sriracha Chicken Bowl (GF/DF):** Ingredients: Shredded Chicken, Honey Sriracha Sauce, Brown Rice, Mixed Vegetables, Spices
size: Weight Loss: Protein: 28g Carbs: 38g Fat: 3g Cal: 291
size: Muscle Gain: Protein: 42g Carbs: 52g Fat: 5g Cal: 425
size: Low Carb/Keto: Protein: 32g Carbs: 14g Fat: 3g Cal: 211
Ingredients: Shredded Chicken, Mixed Vegetables, Honey Sriracha Sauce, Spices
- Italian Turkey w/Ziti Bowl:** Ingredients: Ground Turkey, Ziti, Zucchini, Marinara, Mozzarella and Parmesan Cheese, Spices
size: Weight Loss: Protein: 29g Carbs: 36g Fat: 9g Cal: 332
size: Muscle Gain: Protein: 42g Carbs: 49g Fat: 11g Cal: 463
size: Low Carb/Keto (GF): Protein: 32g Carbs: 13g Fat: 14g Cal: 306
Ingredients: Ground Turkey, Zucchini, Mozzarella and Parmesan Cheese, Spices
- Bourbon Grilled Chicken Bowl (GF):** Ingredients: Grilled Chicken, Seasoned Basmati Rice, Green Beans, Bourbon Sauce
size: Weight Loss: Protein: 25g Carbs: 32g Fat: 8g Cal: 300
size: Muscle Gain: Protein: 40g Carbs: 45g Fat: 10g Cal: 430
size: Low Carb/Keto: Protein: 38g Carbs: 14g Fat: 9g Cal: 289
Ingredients: Grilled Chicken, Green Beans, Cheddar Cheese, Bourbon Sauce
- Beef Stroganoff Bowl:** Ingredients: Ground Beef, Orzo, Green Beans, Creamy Mushroom Sauce, Garlic, Spices
Size: Weight Loss: Protein: 25g Carbs: 36g Fat: 9g Cal: 325
Size: Muscle Gain: Protein: 40g Carbs: 48g Fat: 9g Cal: 478
Size: Low Carb/Keto (GF): Protein: 34g Carbs: 12g Fat: 10g Calories: 322
Ingredients: Ground Beef, Green Beans, Creamy Mushroom Sauce, Garlic, Spices
- Garlic Ginger Roasted Chicken Bowl (GF):** Ingredients: Oven Roasted Chicken Breast, Brown Rice, Broccoli, Garlic Ginger Sauce, Spices
Size: Weight Loss: Protein: 25g Carbs: 32g Fat: 4g Cal: 255
Size: Muscle Gain: Protein: 40g Carbs: 42g Fat: 6g Cal: 373
Size: Low Carb/Keto: Protein: 32g Carbs: 12g Fat: 12g Cal: 284
Ingredients: Oven Roasted Chicken Breast, Broccoli, Mozzarella Cheese, Garlic Ginger 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, 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 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: 34g Carbs: 14g Fat: 10g Cal: 282

Wraps

-Honey Sriracha Wrap: Protein: 42g Carbs: 52g Fat: 18g Cal: 538

Ingredients: Shredded Chicken Breast, Mozzarella Cheese, Tortilla Wrap, Honey Sriracha Sauce

Italian Turkey Wrap: Protein: 40g Carbs: 50g Fat:18g Cal: 522

Ingredients: Ground Turkey, Tortilla Wrap, Mozzarella and Parmesan Cheese, Marinara Sauce, Spices_

-Bourbon Grilled Chicken Wrap: Protein: 34g Carbs: 50g Fat: 18g Cal: 498

Ingredients: Grilled Chicken, Tortilla Wrap, Cheddar Cheese, Bourbon Sauce

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

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

Snacks

-Birthday Cake Protein Donut: Protein: 22g Carbs: 23g Fat: 8g Cal: 252

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

-Red Velvet Protein Poppers: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: High Protein Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Red Velvet Flavoring, White Chocolate Chips, Cream Cheese 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

-Salted Caramel Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Ingredients: Peanut Butter, Coconut Oil, Whey Protein, Sugar Free Caramel, Sugar Free Vanilla Flavoring, Salt

-White Chocolate Raspberry Energy Bites: Protein: 15g Carbs: 34g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Sugar Free Jello

Vegetarian/Vegan Menu Entrée

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

Ingredients: Brown Rice, Tofu, Broccoli, Shredded Carrots, Honey Sriracha Sauce

-Italian Chickpea w/Ziti Bowl: Protein: 16g Carbs: 50g Fat: 8g Cal: 374

Ingredients: Chickpeas, Ziti, Marinara, Mozzarella Cheese, Spinach, Garlic, Spices

-Black Bean Burger w/Sweet Potato Mash: Protein: 16g Carbs: 55g Fat: 3g Cal: 311

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

-Buffalo Cauliflower Bites: Protein: 9g Carbs: 57g Fat: 5g Cal: 309

Ingredients: Cauliflower, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices (Side of Ranch)

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