

# LONGLIFEMEALPREP.COM

## NEW WEEKLY MENU 12/04/24– 12/10/24(Ship Date: 12/09/24)

### **Breakfast**

**-Chocolate Chip Protein Waffle:** Protein: 22g Carbs: 38g Fat: 8g Cal: 304

Ingredients: Protein Waffle Mix, Pumpkin, Pumpkin Pie Spice, Almond Milk, Cinnamon

**-Turkey Sausage and Cheese Breakfast Omelet (GF):** Protein: 32g Carbs: 2g Fat: 14g Cal: 280

Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar Cheese, Spices

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

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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**

**-Pizza Bowl:** Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Spinach and Italian Seasoning

**size: Weight Loss:** Protein: 25g Carbs: 32g Fat: 15g Calories: 352

**size: Muscle Gain:** Protein: 45g Carbs: 46g Fat: 19g Calories: 535

**size: Low Carb/Keto (GF):** Protein: 34g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella Cheese, Parmesan Cheese and Italian Seasoning

**-Honey Sriracha Chicken Bowl (DF, GF):** Ingredients: Shredded Chicken, Brown Rice, Mixed Vegetables, Honey

Sriracha Sauce and Spices

**size: Weight Loss:** Protein: 28g Carbs: 38g Fats: 3g Calories: 291

**size: Muscle Gain:** Protein: 42g Carbs: 52g Fats: 5g Calories: 425

**size: Low Carb/Keto :** Protein: 32g Carbs: 14g Fats: 3g Calories: 211

Ingredients: Shredded Chicken, Mixed Vegetables, Honey Sriracha Sauce and Spices

**-Creamy Tuscan Bowl:** Ingredients: Oven Roasted Chicken, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic and parmesan

**size: Weight Loss:** Protein: 26g Carbs: 29g Fats: 9g Calories: 301

**size: Muscle Gain:** Protein: 40g Carbs: 41g Fats: 12g Calories: 432

**size: Low Carb/Keto (GF):** Protein: 32g Carbs: 12g Fats: 11g Calories: 275

Ingredients: Oven Roasted Chicken, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic and parmesan

**-Sweet & Spicy Meatball Bowl( GF, DF):** Ingredients: Ground Beef, Potato Mash. Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet and Spicy Sauce

**Size: Weight Loss:** Protein: 25g Carbs: 31g Fats: 8g Calories: 296

**Size: Muscle Gain:** Protein: 40g Carbs: 46g Fats: 11g Calories: 443

**Size: Low Carb/Keto (GF):** Protein: 35g Carbs: 15g Fats: 10g Calories: 290

Ingredients: Ground Beef, Cauliflower Mash. Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet and Spicy Sauce

**-Fajita Chicken Bowl:** Ingredients: Grilled Chicken, Basmati Rice, Sauteed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

**Size: Weight Loss:** Protein: 27g Carbs: 30g Fats: 8g Calories: 300

**Size: Muscle Gain:** Protein: 42g Carbs: 40g Fats: 10g Calories: 418

**Size: Low Carb/Keto (GF):** Protein: 9g Carbs: 39g Fats: 12g Calories: 300

Ingredients: Grilled Chicken, Cauliflower Rice, Sauteed Onions and Bell Peppers, Mozzarella, Cilantro, Spices

**-Teriyaki Beef Bowl(DF):** Ingredients: Ground Beef, Brown Rice, Teriyaki Sauce, Sesame Seeds, Broccoli and Spices

**Size: Weight Loss:** Protein: 25g Carbs: 28g Fat: 8g Calories: 284

**Size: Muscle Gain:** Protein: 40g Carbs: 48g Fat: 12g Calories: 460

**Size: Low Carb/Keto:** Protein: 30g Carbs: 12g Fat: 12g Calories: 296

Ingredients: Ground Beef, Broccoli, Teriyaki Sauce, Sesame Seeds and 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 (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

**-Buffalo Chicken Protein Pockets (Macros Per Pocket):** Protein: 26g Carbs: 33g Fats:7g Calories: 299  
Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch

### **Lean & Green Entrees**

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

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

### **Wraps**

**-Pizza Wrap:** Protein: 40g Carbs: 50g Fat: 18g Cal: 522  
Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese

**-Sweet & Spicy Meatball Wrap:** Protein: 40g Carbs: 54g Fats: 20g Calories: 500  
Ingredients: Ground Beef Meatballs, Mozzarella Cheese, Spinach and Herb Tortilla, Sweet and Spicy BBQ Sauce, Onion, Jalapeno

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

**-Honey Sriracha Chicken Wrap:** Protein: 42g Carbs: 52g Fat: 18g Calories: 538  
Ingredients: Shredded Chicken Breast, Honey Sriracha Sauce, Mozzarella and Tortilla Wrap

### **Snacks**

**-Chocolate Peppermint Crushed Protein Donut:** Protein: 24g Carbs: 28g Fat: 8g Calories: 280  
Ingredients: Sugar Free Cake Mix, Egg Whites, Whey Protein, Peppermint, Sugar Free Flavoring, Coconut Oil, cookie

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

**-Gingerbread Protein Bar:** Protein: 24g Carbs: 34g Fat: 8g Calories:304  
Ingredients: Sugar Free Baking Mix, Whey Protein, Gingerbread Mix, Eggs Sugar Free Frosting, Sugar Free Pudding, All Spice

**-Chocolate Cherry Energy Bites ( VEGAN):** Protein: 25g Carbs: 24g Fats: 22g Calories: 394  
Ingredients: Oats, Dried Cherries, Vegan Protein Powder, Peanut Butter, Chia Seeds

**-Candy Bar Keto Fudge (GF):** 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**

**-Creamy Tuscan Chickpea Bowl:** Protein: 18g Carbs: 51g Fats: 14g Calories: 402  
Ingredients: Oven Roasted Chickpeas, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic and Parmesan

**-Vegan Meatball with Pasta Bowl:** Protein: 18g Carbs: 56g Fat: 8g Cal: 368  
Ingredients: Tri Color Pasta, Black Beans, Oats, Bell Pepper, Spinach, Marinara, Spices

**-Vegan Fajita Bowl (DF/GF):** Protein: 12g Carbs: 50g Fat: 5g Calories: 293  
Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers and Fajita Seasoning

**-Teriyaki TOFU (DF/GF):** Protein 15g Carbs 45g Fats 8g Cal 312  
Ingredients: Extra Firm Tofu, Basmati Rice, Broccoli, Soy Sauce, Teriyaki 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, 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