

# LONGLIFEMEALPREP.COM

## NEW WEEKLY MENU 11/13/24– 11/19/24(Ship Date: 11/18/24)

### ***Breakfast***

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

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries

**-Crustless Quiche (GF):** Protein: 28g Carbs: 4g Fat: 19g Cal: 299

Ingredients: Eggs, Milk, Cheddar, Mozzarella, and Parmesan Cheese, Spinach, Green Onions, Ham, Spices

**-Western Bacon Breakfast Wrap:** Protein: 32g Carbs: 51g Fat: 18g Cal: 498

Ingredients: Egg Whites, Cheddar Cheese, Bacon, Tortilla Wrap, Onions, Pepper, 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 N Biscuit Bowl (DF):** Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

size: **Weight Loss:** Protein: 25g Carbs: 28g Fat: 5g Cal: 257

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

size: **Low Carb/Keto (GF):** Protein: 32g Carbs: 10g Fat: 10g Cal: 253

Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices

**-Lasagna Bowl:** Ingredients: Ground Beef, Pasta, Mozzarella and Parmesan Cheese, Greek Yogurt, Spinach, Marinara Sauce, Spices

size: **Weight Loss:** Protein: 28g Carbs: 34g Fat: 14g Cal: 374

size: **Muscle Gain:** Protein: 48g Carbs: 42g Fat: 18g Cal: 490

size: **Low Carb/Keto (GF):** Protein: 32g Carbs: 13g Fat: 14g Cal: 306

Ingredients: Ground Beef, Zucchini, Mozzarella and Parmesan Cheese, Greek Yogurt, Marinara Sauce, Spices

**-Sweet Chili Chicken Bowl (GF):** Ingredients: Grilled Chicken, Basmati Rice, Squash, Bell Peppers, Sweet Chili Sauce

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

size: **Muscle Gain (DF):** Protein: 40g Carbs: 43g Fat: 8g Cal: 404

size: **Low Carb/Keto:** Protein: 34g Carbs: 15g Fat: 18g Cal: 318

Ingredients: Grilled Chicken, Squash, Bell Peppers, Cheddar Cheese, Sweet Chili Sauce

**-Southwest Turkey Bowl (GF):** Ingredients: Ground Turkey, Brown Rice, Black Beans, Corn, Lime, Tomatoes, Green Onions, Cilantro, Jalapenos, Seasoning

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

Size: **Muscle Gain (DF):** Protein: 40g Carbs: 52g Fat: 5g Cal: 413

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

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

**-Hawaiian Roasted Chicken Bowl (GF):** Ingredients: Oven Roasted Chicken, Basmati Rice, Green Beans, Sweet Drop Peppers, Sweet Hawaiian Sauce

Size: **Weight Loss:** Protein: 26g Carbs: 33g Fat: 5g Cal: 281

Size: **Muscle Gain:** Protein: 40g Carbs: 45g Fat: 8g Cal: 412

Size: **Low Carb/Keto:** Protein: 31g Carbs: 14g Fat: 7g Cal: 243

Ingredients: Oven Roasted Chicken, Green Beans, Sweet Drop Peppers, Sweet Hawaiian Sauce

**-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, Carrots, Onion, Onion, Teriyaki Soy Sauce, Spices size: **Muscle Gain:** Protein: 37g Carbs: 49g Fat: 10g Cal: 434

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

Ingredients: Ground Beef, Greek Yogurt, Flour, Mozzarella and Provolone Cheese, Bell Peppers, Onions, 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**

**-Parm Crusted Tilapia LNG (GF):** Ingredients: Baked Tilapia, Squash, Zucchini, Parmesan, Garlic, 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**

**-Italian Beef Wrap:** Protein: 40g Carbs: 50g Fat: 18g Cal: 522  
Ingredients: Ground Beef, Tortilla Wrap, Mozzarella and Parmesan Cheese, Marinara Sauce, Spices

**-Asian Inspired Chicken Wrap:** Protein: 40g Carbs: 52g Fat:14g Cal: 494  
Ingredients: Roasted Chicken, Tortilla Wrap, Shredded Carrots, Onions, Red Pepper Flakes, Sweet and Sour Sauce

**-Sweet Chili Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 14g Cal: 494  
Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Bell Peppers, Sweet Chili Sauce, Tortilla Wrap, Spices

**-Southwest Turkey Wrap:** Protein: 40g Carbs: 52g Fat: 14g Cal: 486  
Ingredients: Ground Turkey, Tortilla Wrap, Black Beans, Corn, Tomato, Green Onions, Cilantro, Cheddar Cheese

**-Thai Peanut Chicken Wrap:** Protein: 38g Carbs: 52g Fat: 14g Cal: 486  
Ingredients: Shredded Chicken Breast, Shredded Carrots, Whole Wheat Wrap, Thai Peanut Sauce, Spices

## **Snacks**

**-Caramel Toffee Protein Donut:** Protein: 24g Carbs: 40g Fat: 9g Cal: 337  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Heath Bar, Sugar Free Caramel

**-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

**-Lemon Pound Cake Protein Bar:** Protein: 20g Carbs: 24g Fat: 12g Cal: 284  
Ingredients: Sugar Free Baking Mix, Whey Protein, Egg, Lemon Extract, Keto White Chocolate Chips

**-Chocolate Peanut Butter Energy Bites:** Protein: 25g Carbs: 24g Fat: 22g Cal: 394  
Ingredients: Peanut Butter, Oats, Vegan Protein Powder, Chia Seeds, Vegan Chocolate Chips

**-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

## **Vegetarian/Vegan Menu Entrée**

**-Thai Peanut Tofu Bowl (GF/DF):** Protein: 15g Carbs: 45g Fat: 10g Cal: 330  
Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Thai Peanut Sauce, Spices

**-Sweet & Sour Chickpea Bowl (GF/DF):** Protein: 19g Carbs: 59g Fat: 6g Cal: 366  
Ingredients: Chickpeas, Basmati Rice, Broccoli, Sweet and Sour Sauce, Green Onions, Spices

**-Veggie Lasagna Bowl:** Protein: 16g Carbs: 49g Fat: 14g Cal: 386  
Ingredients: Zucchini, Mozzarella and Parmesan Cheese, Pasta, Marinara Sauce, Greek Yogurt, Spinach, Spices

**-Cabbage Steak w/Red Potato Bowl (GF/DF):** Protein: 10g Carbs: 47g Fat: 5g Cal: 213  
Ingredients: Cabbage, Oven Roasted Red Potatoes, Sauteed Onions, Spices

## **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