

LONGLIFEMEALPREP.COM

NEW WEEKLY MENU 11/27/24– 12/3/24(Ship Date: 12/2/24)

Breakfast

-Pumpkin Spice Protein Waffle: Protein: 22g Carbs: 38g Fat: 8g Cal: 304
Ingredients: Protein Waffle Mix, Pumpkin, Pumpkin Pie Spice, Almond Milk, Cinnamon

-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, Cheddar Cheese, Turkey Sausage, Tortilla Wrap, 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

-Cheeseburger Bowl (GF): Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup, Mustard

size: Weight Loss: Protein: 28g Carbs: 30g Fat: 12g Cal: 340

size: Muscle Gain: Protein: 48g Carbs: 45g Fat: 16g Cal: 516

size: Low Carb/Keto: Protein: 36g Carbs: 10g Fat: 20g Cal: 364

Ingredients: Ground Beef, Green Beans, Cheddar Cheese, Onions, Dill Pickles, Ketchup, Mustard

-Chicken Bacon Ranch Bowl: Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

size: Weight Loss: Protein: 28g Carbs: 28g Fat: 10g Cal: 314

size: Muscle Gain: Protein: 45g Carbs: 40g Fat: 14g Cal: 466

size: Low Carb/Keto (GF): Protein: 38g Carbs: 10g Fat: 20g Cal: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

-Taco Turkey Bowl (GF): Ingredients: Ground Turkey, Brown Rice, Cheddar Cheese, Spinach, Taco Seasoning, Salsa

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: 34g Carbs: 15g Fat: 18g Cal: 318

Ingredients: Ground Turkey, Corn, Spinach, Cheddar Cheese, Taco Seasoning, Salsa

-Creamy Provolone Chicken Bowl: Ingredients: Chicken Breast, Provolone Cheese, Orzo, Kale, Cream Sauce, Mushrooms, Herb Breadcrumbs

Size: Weight Loss: Protein: 27g Carbs: 32g Fat: 12g Cal: 344

Size: Muscle Gain: Protein: 45g Carbs: 47g Fat: 16g Cal: 492

Size: Low Carb/Keto (GF): Protein: 36g Carbs: 14g Fat: 19g Calories: 371

Ingredients: Chicken Breast, Provolone Cheese, Mushrooms, Kale, Cream Sauce, Herb Breadcrumbs

-Cranberry Feta Stuffed Chicken Bowl: Ingredients: Chicken, Orzo, Greens Beans, Spinach, Cranberries, Feta, Spices

Size: Weight Loss: Protein: 27g Carbs: 31g Fat: 5g Cal: 277

Size: Muscle Gain: Protein: 41g Carbs: 42g Fat: 7g Cal: 395

Size: Low Carb/Keto (GF): Protein: 36g Carbs: 15g Fat: 6g Cal: 258

Ingredients: Chicken, Green Beans, Spinach, Cranberries, Feta, Spices

-Ginger Glazed Tilapia w/Fried Rice Bowl (DF): Ingredients: Tilapia, Basmati Rice, Mixed Vegetables, Egg, Garlic, Ginger, Soy Sauce, Spices

Size: Weight Loss: Protein: 25g Carbs: 35g Fat: 4g Cal: 259

Size: Muscle Gain: Protein: 40g Carbs: 46g Fat: 6g Cal: 398

Size: Low Carb/Keto: Protein: 34g Carbs: 12g Fat: 5g Calories: 229

Ingredients: Tilapia, Mixed Vegetables, Egg, Garlic, Ginger, Soy Sauce, Spices

-Mesquite Grilled Chicken Bowl (GF): Ingredients: Grilled Chicken Breast, Sweet Potatoes, Broccoli, Spices

Size: Weight Loss (DF): Protein: 25g Carbs: 27g Fat: 3g Cal: 235

Size: Muscle Gain (DF): Protein: 40g Carbs: 40g Fat: 5g Cal: 365

Size: Low Carb/Keto: Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Grilled Chicken Breast, Broccoli, Cheddar Cheese, 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

-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

-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

Wraps

-Cheeseburger Wrap: Protein: 40g Carbs: 48g Fat: 18g Cal: 514
Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

-Chicken Bacon Ranch Wrap: Protein: 46g Carbs: 50g Fat:20g Cal: 564
Ingredients: Shredded Chicken Breast, Tortilla Wrap, Cheddar Cheese, Bacon Ranch Seasoning

-Taco Turkey Wrap: Protein: 42g Carbs: 50g Fat: 20g Cal: 548
Ingredients: Ground Turkey, Salsa, Tortilla Wrap, Cheddar Cheese, Taco Seasoning

-Mesquite Chicken Wrap: Protein: 34g Carbs: 50g Fat: 10g Cal: 426
Ingredients: Mesquite Grilled Chicken Breast, Tortilla Wrap, Cheddar Cheese, Spices

Snacks

-Cinna Roll Protein Donut: Protein: 18g Carbs: 34g Fat: 12g Cal: 306
Ingredients: Sugar Free Cake Mix, Whey Protein, Eggs, Sugar Free Frosting, Splenda, Almond Milk, Cinnamon

-Chocolate Chip Protein Poppers: Protein: 21g Carbs: 32g Fat: 10g Cal: 302
Ingredients: High Protein Baking Mix, Whey Protein, Eggs, Coconut Oil, Almond Milk, Sugar Free Chocolate Chips

-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

-Trail Mix Energy Bites: Protein: 15g Carbs: 42g Fat: 22g Cal: 418
Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries, Raisins

-Vanilla Peanut Butter Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Cal: 328
Ingredients: Peanut Butter, Coconut Oil, Vanilla Whey Protein, Sugar Free Vanilla Flavoring

Vegetarian/Vegan Menu Entrée

-Ginger Glazed Tofu Bowl (DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312
Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Garlic Ginger Soy Sauce, Spices

-Veggie Greek Pasta Salad Bowl: Protein: 16g Carbs: 50g Fat: 12g Cal: 372
Ingredients: Pasta, Chickpeas, Kale, Black Olives, Reds Onion, Balsamic Vinaigrette, Seasoning

-Spicy Bean & Lentil Bowl (DF/GF): Protein: 16g Carbs: 64g Fat: 6g Cal: 360
Ingredients: Beans, Lentils, Sriracha, Onions, Brown Rice, Spinach, Spices

-Black Bean Burger w/Sweet Potato Bowl (DF/GF): Protein: 16g Carbs: 55g Fat: 3g Cal: 311
Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices (Side of Spicy Ketchup)

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