

LONGLIFEMEALPREP.COM  
**NEW WEEKLY MENU 2/26– 3/4 (Ship Date: 3/3)**

***Breakfast***

**-Banana Nut Protein Waffles:** Protein:22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Banana Nut Baking Mix, Almond Milk, Cinnamon, Walnuts

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

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

**-Double Cheese Breakfast Wrap:** Protein: 28g Carbs: 49g Fat: 16g Cal: 452

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese, 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)

***ENTREE***

**-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 Friendly** Protein: 32g Carbs: 12g Fat: 14g Cal: 302

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

**-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 Friendly (GF)** Protein: 36g Carbs: 10g Fat: 20g Cal: 364

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

**-Kickin Cajun Chicken Bowl:** Ingredients: Shredded Chicken, Basmati Rice, Broccoli, Kickin Cajun Sauce

size: **Weight Loss (DF)** Protein: 28g Carbs: 32g Fat: 3g Cal: 267

size: **Muscle Gain (DF)** Protein: 42g Carbs: 48g Fat: 6g Cal: 414

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 10g Fat: 8g Cal: 240

Ingredients: Shredded Chicken, Broccoli, Cheddar Cheese, Kickin Cajun Sauce

**-Turkey Meatloaf Bowl (DF):** Ingredients: Ground Turkey, Potato, Oatmeal, Onion, Green Beans, Bell Peppers, Egg, Tangy Tomato Sauce, Spices

size: **Weight Loss** Protein: 27g Carbs: 37g Fat: 6g Cal: 310

size: **Muscle Gain** Protein: 40g Carbs: 47g Fat: 9g Cal: 429

size: **Low Carb/Keto Friendly** Protein: 32g Carb: 12g Fat: 10g Cal: 270

Ingredients: Ground Turkey, Green Beans, Egg, Oatmeal, Bell Peppers, Tangy Tomato Sauce, Onion, Spices

**-Taco Turkey Bowl (GF):** Ingredients: Ground Turkey, Seasoned Brown Rice, Spinach, Cheddar, 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** Protein: 36g Carbs: 12g Fat: 20g Cal: 372

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

**-Creamy Curry Chicken Bowl (GF):** Ingredients: Roasted Chicken, Basmati Rice, Broccoli, Bell Pepper, Onions, Creamy Curry Sauce.

Size: **Weight Loss** Protein: 27g Carbs: 30g Fat: 8g Cal: 300

Size: **Muscle Gain** Protein: 41g Carbs: 44g Fat: 10g Cal: 430

Size: **Low Carb** Protein: 34g Carbs: 11g Fat: 9g Cal: 261

Ingredients: Roasted Chicken, Broccoli, Bell Pepper, Onions, Creamy Curry Sauce.

**-Turkey Burger with Mac & Cheese:** Ingredients: Ground Turkey, Pasta, Cheese Sauce, Onion, Sugar Free BBQ Sauce, Spices (Side of Sriracha Ketchup) size: **Muscle Gain:** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

**-Hibachi Grilled Skillet (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: 39g Fat: 10g Cal: 434

**-Taco Beef Protein Pocket:** Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco Seasonings

Protein: 23g Carbs: 49g Fat: 13g Cal: 405 (Macros Per Pocket)

***Lean-N-Green***

**-Shrimp & Broccoli LNG'(GF/DF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Cal: 260

## ***Lean-N-Green (Con't)***

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

**-Honey BBQ Glazed Salmon with Sauteed Green Beans LNG'(GF/DF):** Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, Spices

Size: Lean & Green Protein: 36g Carbs: 12g Fat: 8g Cal: 264

**-Sizzlin' Steak Skillet Bowl LNG'(GF/DF):** Ingredients: Grilled Lean Steak, Onions, Peppers, Carrots, Mushrooms, Kale, Spices

Size: Lean & Green Protein: 34g Carbs:14g Fat:10g Cal: 282

## ***Wraps***

**-Garlic Parm Chicken Wrap:** Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce, Spices  
Protein: 41g Carbs: 50g Fat: 10g Cal: 454

**-Kickin Cajun Chicken Wrap:** Protein: 42g Carbs: 48g Fat: 14g Cal: 486  
Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce

**-Taco Turkey Wrap:** Protein: 42g Carbs: 50g Fat: 20g Cal: 548

Ingredients: Ground Turkey, Tortilla, Salsa, Cheddar Cheese, Taco Seasoning

**-Cheeseburger Wrap:** Protein: 40g Carbs: 48g Fat: 18g Cal: 514

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

## ***Snacks***

**-Very Vanilla Protein Poppers:** Protein: 22g Carbs: 23g Fat: 8g Cal: 252

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

**-Cinna Roll Protein Donuts:** Protein: 18g Carbs: 34g Fat: 12g Cal:306

Ingredients: Sugar Free Cake Mix, Eggs, Whey Protein, Sugar Free Frosting, Cinnamon, Almond Milk, Splenda

**-Harvest Berry Protein Bar:** Protein: 18g Carbs: 24g Fat: 12g Cal: 276

Ingredients: Multi Berry baking mix, Whey Protein, Coconut Oil, Egg, Almond Milk, White Chocolate Chips

**-Cranberry Orange Energy Bites:** Protein: 25g Carbs: 24g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Oats, Cranberry, Walnuts, Vanilla Whey, Sugar Free Jello

**-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

**-Chocolate Covered Stuffed Dates (GF/DF):** Protein: 4g Carbs: 33g Fat: 9g Cal: 210

Ingredients: Dates, Peanut Butter, Almonds, Vegan Chocolate Chips, Coconut Oil, Stevia, Sea Salt (Macros Per 4 Dates)

## ***Vegetarian/Vegan Menu Entrée***

**-Roasted Veggie Skillet Bowl (GF/DF):** Protein: 18g Carbs: 42g Fat: 6g Cal: 294

Ingredients: Roasted Red Potato, Onions, Peppers, Kale, Carrots, Mushrooms, Spices

**-Cauli Nuggets with Home Fries (GF/DF):** Protein: 10g Carbs: 59g Fat: 6g Cal: 330

Ingredients: Cauliflower, Potatoes, Green Beans, Corn Starch, Spices

**-Honey BBQ Tofu (GF/DF):** Protein: 19g Carbs: 59g Fat: 16g Cal: 456

Ingredients: Tofu, Jasmine Rice, Broccoli, BBQ Sauce, Honey, Spices

**-Garlic Parm Chickpea:** Protein: 14g Cabs: 57g Fat: 4g Cal: 320

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