

LONGLIFEMEALPREP.COM
NEW WEEKLY MENU 6/4– 6/10 (Ship Date: 6/9)

Breakfast

- Blueberry Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Cal: 320
Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries
- Ham, Egg, and Cheese Breakfast Pocket:** Protein: 24g Carbs: 31g Fat: 9g Cal: 301
(Macros Per Pocket) Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, Spices
- Double Cheese Breakfast Omelet (GF):** Protein: 28g Carbs: 4g Fat: 18g Cal: 290
Ingredients: Egg whites, Egg, Mozzarella Cheese, Cheddar Cheese, Spices
- Turkey Sausage Breakfast Wrap:** Protein: 40g Carbs: 47g Fat: 12g Cal: 452
Ingredients: Egg Whites, Turkey Sausage, Cheddar 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

- Mesquite Grilled Chicken Bowl (GF/DF):** Ingredients: Grilled Chicken Breast, Sweet Potatoes, Broccoli, Spices
size: **Weight Loss** Protein: 25g Carbs: 27g Fat: 3g Cal: 235
size: **Muscle Gain** Protein: 40g Carbs: 40g Fat: 5g Cal: 365
size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 12g Fat: 14g Cal: 318
Ingredients: Grilled Chicken Breast, Broccoli, Cheddar Cheese, Spices
- Buffalo Chicken Bowl (GF):** Ingredients: Shredded Chicken Breast, Basmati Rice, Mixed Vegetables, Buffalo Sauce, Spices
size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 5g Cal: 265
size: **Muscle Gain (DF)** Protein: 40g Carbs: 42g Fat: 8g Cal: 400
size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 10g Fat: 20g Cal: 380
Ingredients: Chicken Breast, Mixed Vegetables, Buffalo Sauce, Cheddar Cheese, Spices
- Taco Beef Bowl (GF):** Ingredients: Ground Beef, Brown Rice, Spinach, Salsa, Cheddar Cheese, Taco Seasoning, Fresh Cilantro
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 Friendly** Protein: 36g Carbs: 12g Fat: 20g Cal: 372
Ingredients: Ground Beef, Spinach, Salsa, Corn, Cheddar Cheese, Taco Seasoning, Fresh Cilantro
- Swedish Turkey Meatball Bowl:** Ingredients: Ground Turkey, Orzo, Green Beans, Gravy, Spices
size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 8g Cal: 312
size: **Muscle Gain** Protein: 41g Carbs: 45g Fat: 11g Cal: 443
size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fat: 9g Cal: 239
Ingredients: Ground Turkey, Green Beans, Gravy, Spices
- Rosemary Chicken Bowl (GF/DF):** Ingredients: Rosemary Roasted Chicken Breast, Quinoa, Kale, Rosemary Sauce
Size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 3g Cal: 267
Size: **Muscle Gain** Protein: 40g Carbs: 55g Fat: 5g Cal: 425
Size: **Low Carb** Protein: 32g Carbs: 12g Fat: 12g Cal: 284
Ingredients: Rosemary Roasted Chicken Breast, Kale, Rosemary Sauce
- Chick-N- Biscuit Bowl:** 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 (GF)** Protein: 32g Carbs: 10g Fat: 5g Cal: 253
Ingredients: Shredded Chicken, Cauliflower Mash, Mixed Vegetables, Gravy, Spices
- Turkey Burger with Mac and 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

Lean-N-Green

-Shrimp & Broccoli (GF/DF): 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 with Sauteed Green Beans (GF/DF): Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, Spices Size: Lean & Green Protein: 36g Carbs: 12g Fat: 8g Cal: 264

-Chimichurri Steak LNG (GF/DF): Ingredients: Lean Steak, Roasted Broccoli, Cauliflower, Carrots, Chimichurri Sauce

Size: Lean & Green Protein: 42g Carbs: 13g Fat: 16g Cal: 343

Wraps

-Mesquite Grilled Chicken Wrap: Ingredients: Mesquite Grilled Chicken Breast, Cheddar Cheese, Tortilla Wrap, Spices

Protein: 34g Carbs: 50g Fat: 10g Cal: 426

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

Ingredients: Ground Beef, Salsa, Fresh Cilantro, Cheddar Cheese, Tortilla Wrap, Taco Seasoning

-General Tso Chicken Wrap (DF): Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Oven Roasted Chicken, Whole Wheat Tortilla Wrap, Shredded Carrots, General Tso Sauce

-Buffalo Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Cal: 486

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Buffalo Sauce

Snacks

-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

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

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

-Chocolate Covered Stuffed Dates (GF): 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)

-S'more Protein Bar: Protein: 24g Carbs: 32g Fat: 11g Cal: 323

Ingredients: Sugar Free Baking Mix, Whey Protein Powder, Eggs, Marshmallows, Graham Cracker Crumble, Sugar Free Flavoring, Coconut oil

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

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

Vegetarian/Vegan Menu Entrée

-Rosemary Chickpea Bowl (GF/DF): Protein: 18g Carbs: 40g Fat: 8g Cal: 304

Ingredients: Roasted Chickpeas, Quinoa, Kale, Olive Oil, Rosemary, Spices

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

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

-Vegan Fajita Bowl (GF/DF): Protein: 16g Carbs: 64g Fat: 6g Cal: 360

Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers, and Fajita Seasoning

-Spicy Bean and Lentil Bowl (GF/DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Beans, Lentils, Sriracha, Onions, Brown Rice, Spinach, 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: 11g 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