

LONGLIFEMEALPREP.COM
NEW WEEKLY MENU 7/2– 7/8 (Ship Date: 7/7)

Breakfast

-Blueberry Protein Waffles: Protein:22g Carbs:40g Fat:8g Calories:320

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

-Double Cheese Breakfast Omelet (GF): Protein: 28g Carbs: 4g Fat: 18g Calories: 290

Ingredients: Egg whites, Egg, Mozzarella Cheese, Cheddar Cheese, Spices

-Turkey Sausage Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Calories: 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

-Chick-N-Biscuit Bowl: Ingredients: Shredded Chicken, Potato Mash, Biscuit, Mixed Vegetables, Gravy, Spices

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

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

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 10g Fat: 5g Calories: 253

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

-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 Calories: 340

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

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 10g Fat: 20g Calories: 364

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

-Italian Turkey with Ziti Bowl: Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesan, Spices

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Calories: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Calories: 463

size: **Low Carb/Keto Friendly (GF)** Protein: 29g Carbs: 36g Fat: 9g Calories: 332

Ingredients: Ground Turkey, Zucchini, Marinara, Mozzarella and Parmesan, Spices

-Jerk Chicken Bowl (GF): Ingredients: Grilled Chicken Breast, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce

size: **Weight Loss (DF)** Protein: 25g Carbs: 30g Fat: 6g Calories: 274

size: **Muscle Gain (DF)** Protein: 40g Carbs: 48g Fat: 9g Calories: 424

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

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

-Honey Mustard Chicken Bowl (DF/GF): Ingredients: Roasted Chicken Breast, Sweet Potato Mash, Seasoned Broccoli, Honey Mustard,

Spices

Size: **Weight Loss** Protein: 26g Carbs: 32g Fat: 5g Calories: 277

Size: **Muscle Gain** Protein: 40g Carbs: 44g Fat: 8g Calories: 408

Size: **Low Carb** Protein: 31g Carbs: 15g Fat: 7g Calories: 247

Ingredients: Roasted Chicken Breast, Seasoned Broccoli, Honey Mustard, 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 Calories: 299

Size: **Muscle Gain** Protein: 40g Carbs: 40g Fat: 16g Calories: 464

Size: **Low Carb** Protein: 36g Carbs: 12g Fat: 20g Calories: 372

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

-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 Calories: 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 Calories: 434

-Philly Cheese Protein Pocket: Protein: 23g Carbs: 49 Fat: 13g Calories: 405

(Macros Per Pocket) Ingredients: Ground Beef, Mozzarella, Provolone, Green Bell Peppers, Onions, Greek Yogurt, Flour, Seasonings

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 Calories: 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 Calories: 264

-Steak -N-Greens LNG (GF/DF): Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices

Size: Lean & Green Protein: 35g Carbs: 12g Fat: 12g Calories: 296

Wraps

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

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

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

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

-Jerk Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Calories: 486

Ingredients: Grilled Chicken Breast, Mozzarella Cheese, Banana Peppers, Jerk Sauce, Tortilla Wrap, Spices

-Honey Mustard Chicken Wrap: Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Ingredients: Oven Roasted Chicken Breast, Tortilla Wrap, Mozzarella Cheese, Honey Mustard

Snacks

-Double Chocolate Protein Donuts: Protein: 24g Carbs: 27g Fat: 5g Calories: 245

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Splenda, White Chocolate Chips, Sugar Free Frosting

-Red, White and Blue Protein Poppers: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Eggs, Food Coloring

-Low Carb Cherry Cheesecake: Protein: 22g Carbs: 18g Fat: 5g Calories: 205

Ingredients: Greek Yogurt, Cherries, Sugar Free Cheesecake Flavoring, Graham Cracker

-Cookie Dough Bites (DF/GF): Protein: 15g Carbs: 24g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt

-S'mores Protein Bar: Protein: 24g Carbs: 32g Fat: 11g Calories: 323

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

Vegetarian/Vegan Menu Entrée

-Jerk Spiced Chickpea Bowl (DF/GF): Protein: 18g Carbs 47g Fats 4g Calories: 296

Ingredients: Chickpeas, Basmati Rice, Green Beans, Banana Peppers, Jerk Sauce, Spices

-Hibachi Tofu Bowl (DF): Protein: 25g Carbs: 26g Fats: 9g Calories: 285

Ingredients: Extra Firm Tofu, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Soy Sauce, Spices

-Italian Chickpea with Ziti Bowl: Protein: 16g Carbs: 50g Fat: 12g Calories: 374

Ingredients: Chickpeas, Ziti, Marinara, Mozzarella, Spinach, Garlic, Spices

-Black Bean Burger with Sweet Potato Mash (DF): Protein: 16g Carbs: 55g Fat: 3g Calories: 311

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices. (Side 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, 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