

LONGLIFEMEALPREP.COM
NEW WEEKLY MENU 7/30– 8/5 (Ship Date: 8/4)

Breakfast

-Chocolate Chip Protein Waffles: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

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

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

-Ham, Egg White and Cheese Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Ham, 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

-Lasagna Bowl: Ingredients: Ground Beef, Pasta, Mozzarella Cheese, Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce and 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 Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Cal: 306

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

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

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

-Chipotle Grilled Chicken Bowl (GF): Ingredients: Grilled Chicken, Squash, Seasoned Basmati Rice, Chipotle Sauce and Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 25g Fat: 11g Cal: 299

size: **Muscle Gain (DF)** Protein: 40g Carbs: 40g Fat: 16g Cal: 464

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 12g Fat: 12g Cal: 284

Ingredients: Grilled Chicken, Squash, Cheddar Cheese, Chipotle Sauce, Spices

-BBQ Shredded Chicken and Bacon Mac Bowl: Ingredients: Shredded Chicken Breast, Pasta, Mixed Veggies, Cheese Sauce, Bacon, BBQ Sauce, Spices

size: **Weight Loss** Protein: 24g Carbs: 40g Fat: 10g Cal: 346

size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 14g Cal: 494

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 16g Cal: 340

Ingredients: Shredded Chicken Breast, Bacon, Spices, Mixed Veggies, Mozzarella and Cheddar Cheese, BBQ Sauce

-Cheesy Chicken Bake Bowl (GF): Ingredients: Seasoned Shredded Chicken, Basmati Rice, Broccoli, Cheddar Cheese, Spices

Size: **Weight Loss** Protein: 28g Carbs: 32g Fat: 11g Cal: 339

Size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 14g Cal: 486

Size: **Low Carb** Protein: 32g Carbs: 10g Fat: 13g Cal: 285

Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, Spices

-Kung Pao Chicken Bowl (DF): Ingredients: Chicken Breast, Basmati Rice, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame Seeds

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

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

Size: **Low Carb** Protein: 32g Carbs: 14g Fat: 10g Cal: 274

Ingredients: Roasted Chicken Breast, Broccoli, Bell Peppers, Carrots, Kung Pao Sauce, Peanuts, Sesame Seeds

-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

-Buffalo Chicken Protein Pocket: Protein: 26g Carbs: 33g Fat: 7g Cal: 299

(Macros Per Pocket) Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch

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

-BBQ Shredded Beef Skillet Bowl (GF/DF): Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices

Protein: 42g Carbs: 14g Fat: 16g Cal: 368

-Honey BBQ Glazed Salmon with Sautéed 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

Wraps

-Italian Beef Wrap: Protein: 40g Carbs: 50g Fat: 18g Cal: 522

Ingredients: Ground beef, Tortilla Wrap, Mozzarella and Parmesan Cheese, Marinara Sauce, Spices

-BBQ Shredded Chicken Wrap: Protein: 34g Carbs: 50g Fat: 16g Cal: 480

Ingredients: Shredded Chicken Breast, Cheddar Cheese, BBQ Sauce, Tortilla Wrap, Spices

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

Ingredients: Grilled Chicken, Tortilla Wrap, Cheddar Cheese, Chipotle Sauce, Spices

-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

Snacks

-Lemon Cake Protein Donuts: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: Sugar Free Baking Mix, Egg White, Whey Protein, Coconut Oil, Lemon Extract, Lemon

-Strawberry Shortcake Protein Poppers: Protein: 24g Carbs: 21g Fat: 5g Cal: 217

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

-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 Chip

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

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

-Double Chocolate Energy Bite (GF): Protein: 15g Carbs: 34g Fat: 22g Cal: 394

Ingredients: Peanut Butter, Oats, Chia Seeds, Whey Protein, Sugar Free White Chocolate Chips, Sugar Free Dark Chocolate Chips

-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

-Veggie Lasagna Bowl: Protein: 16g Carbs: 49g Fat: 14g Cal: 386

Ingredients: Zucchini Pasta, Mozzarella Cheese. Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Spices

-Kung Pao Tofu Bowl (DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Bell Peppers, Peanuts, Kung Pao Sauce, Carrots, Spices

-Cauliflower Nuggets and Home Fries Bowl (GF/DF): Protein: 10g Carbs: 59g Fat: 6g Cal: 330

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

-Stuffed Zucchini Boats (GF): Protein: 21g Carbs: 36g Fat: 11g Calories: 307

Ingredients: Zucchini, Chickpeas, Marinara Sauce, Spinach, Parmesan and Mozzarella Cheese, Garlic, 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, 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