

LONGLIFEMEALPREP.COM
NEW WEEKLY MENU 8/27– 9/2 (Ship Date: 9/2)

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

-Turkey Sausage Breakfast Wrap: Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Turkey Sausage, Cheddar Cheese, Tortilla Wrap, Spices

-Ham, Egg and Cheese Breakfast Pocket: Protein: 24g Carbs: 31 Fat: 9g Cal: 283

(Macros Per Pocket) Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, 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

-Shepards Pie Bowl (GF): Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices

size: **Weight Loss** Protein: 25g Carbs: 33g Fat: 12g Cal: 340

size: **Muscle Gain** Protein: 39g Carbs: 46g Fat: 14g Cal: 472

size: **Low Carb/Keto Friendly** Protein: 35g Carbs: 16g Fat: 13g Cal: 321

Ingredients: Lean Ground Beef, Cauliflower Mash, Mixed Vegetables, Cheddar Cheese, Spices

-BBQ Grilled Chicken with Roasted Red Potatoes Bowl (GF): Ingredients: Grilled Chicken Breast, Oven Roasted Red Potatoes, Green Beans, BBQ Sauce, Spices

size: **Weight Loss (DF)** Protein: 25g Carbs: 32g Fat: 3g Cal: 255

size: **Muscle Gain (DF)** Protein: 40g Carbs: 52g Fat: 5g Cal: 413

size: **Low Carb/Keto Friendly** Protein: 38g Carbs: 12g Fat: 14g Cal: 318

Ingredients: Grilled Chicken, Green Beans, Cheddar Cheese, BBQ Sauce, Spices

-Honey Sriracha Chicken Bowl (GF/DF): Ingredients: Shredded Chicken, Honey Sriracha Sauce, Brown Rice, Broccoli, Spices

size: **Weight Loss** Protein: 28g Carbs: 38g Fat: 3g Cal: 291

size: **Muscle Gain** Protein: 42g Carbs: 52g Fat: 5g Cal: 425

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 14g Fat: 3g Cal: 211

Ingredients: Shredded Chicken, Honey Sriracha Sauce, Broccoli, 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/Keto Friendly** Protein: 36g Carbs: 12g Fat: 20g Cal: 372

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

-Tikka Masala Bowl (DF/GF): Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

Size: **Weight Loss** Protein: 27g Carbs: 30g Fat: 4g Cal: 322

Size: **Muscle Gain** Protein: 41g Carbs: 44g Fat: 6g Cal: 394

Size: **Low Carb** Protein: 34g Carbs: 11g Fat: 5g Cal: 225

Ingredients: Oven Roasted Chicken Breast, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

-Pizza Bowl: Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella and Parmesan Cheese, Spinach, Italian Seasoning

Size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 15g Cal: 352

Size: **Muscle Gain** Protein: 45g Carbs: 46g Fat: 19g Cal: 535

Size: **Low Carb (GF)** Protein: 34g Carbs: 10g Fat: 20g Cal: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini, Pepperoni, Mozzarella Cheese, Parmesan Cheese, Italian Seasoning

-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

-BBQ Shredded Beef Skillet (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

-Yum Yum Grilled Chicken Bowl (DF): Ingredients: Grilled Chicken, Broccoli, Zucchini, Squash, Carrots, Sautéed Onions, Spices, Side of Yum Yum Sauce

Protein: 35g Carbs: 16g Fat: 10g Cal: 294

Wraps

-BBQ Beef Wrap: Protein: 42g Carbs: 48g Fat: 16g Cal: 504

Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, BBQ Sauce

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

Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella and Parmesan Cheese

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

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

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

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

-Honey Sriracha Chicken Wrap: Protein: 42g Carbs: 52g Fat: 18g Cal: 538

Ingredients: Shredded Chicken Breast, Honey Sriracha Sauce, Mozzarella, Tortilla Wrap

Snacks

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

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

-Orange Dream Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Cal: 276

Ingredients: Sugar Free Baking Mix, Egg White, Whey Protein, Coconut Oil, Orange Extract, White Chocolate Chips

-Strawberry Shortcake Protein Bar: Protein: 24g Carbs: 24g Fat: 8g Cal: 264

Ingredients: Sugar Free Baking Mix, Sugar Free Protein Frosting, Egg Whites, Whey Protein, Sugar Free Strawberry Flavoring, Graham Cracker Crumble

-Trail Mix Energy Bites (GF): 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

-Low Carb Protein Cheesecake: Protein: 26g Carbs: 10g Fat: 8g Cal: 216

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

-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

Vegetarian/Vegan Menu Entrée

-Lentil Shepards Pie Bowl (GF): Protein: 26g Carbs: 39g Fat: 14g Cal: 386

Ingredients: Garlic Mash Potato, Lentils, Mixed Vegetables, Cheddar Cheese, Spices

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

Ingredients: Brown Rice, Tofu, Broccoli, Honey Sriracha Sauce

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

Ingredients: Chickpeas, Basmati Rice, Broccoli, Tikka Masala Sauce, Fresh Cilantro, Spices

-Black Bean Burger with Red Potatoes (DF): Protein: 16g Carbs: 55g Fat: 3g Cal: 311

Ingredients: Black Beans, Bell Peppers, Red 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: 11g 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