

LONGLIFEMEALPREP.COM
NEW WEEKLY MENU 1/28– 2/3 (Ship Date: 2/2)

Breakfast

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

Ingredients: Protein Pancake Mix, Almond Milk, Red Velvet Extract, Side of Sugar Free Protein Frosting

-Bacon Breakfast Omelet (GF) Protein: 32g Carbs: 2g Fat: 18g Calories: 299

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

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

Ingredients: Egg Whites, Cheddar and Mozzarella Cheese, Tortilla Wrap, Spices

-Protein Oat Bowl: Chocolate Lovers: Protein: 31g Carbs: 36g Fat: 10g Calories: 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 Calories: 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 Calories: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREE

-Egg Roll in Bowl (DF) Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions Side of Sweet and Sour Sauce

size: **Weight Loss** Protein: 26g Carbs: 29g Fat: 6g Calories: 274

size: **Muscle Gain** Protein: 40g Carbs: 41g Fat: 8g Calories: 388

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 11g Fat: 7g Calories: 271

Ingredients: Ground Turkey, Cabbage, Carrots, Soy Sauce, Green Onions Side: Sweet and Sour Sauce

-Chicken Bacon Ranch Bowl: Ingredients: Shredded Chicken, Pasta, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese, Spices

size: **Weight Loss:** Protein: 28g Carbs: 28g Fat: 10g Calories: 314

size: **Muscle Gain:** Protein: 45g Carbs: 40g Fat: 14g Calories: 466

size: **Low Carb/Keto Friendly (GF)** Protein: 38g Carbs: 10g Fat: 20g Calories: 372

Ingredients: Shredded Chicken, Broccoli, Bacon, Greek Yogurt, Ranch Seasoning, Cheddar Cheese and Spices

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

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

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

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

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

-Orange Glazed Chicken Bowl (GF/DF) Ingredients: Roasted Chicken Breast, Rice Noodles, Peas, Orange Glaze Sauce, Green Onions

Size: **Weight Loss** Protein: 25g Carbs: 32g Fat: 6g Calories: 282

Size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 5g Calories: 413

Size: **Low Carb** Protein: 32g Carbs: 16g Fat: 7g Calories: 255

Ingredients: Roasted Chicken Breast, Peas, Orange Glaze Sauce, Green Onions

-Lasagna Bowl: Ingredients: Ground Beef, Pasta, Mozzarella Cheese. Greek Yogurt, Parmesan Cheese, Spinach, Marinara Sauce, Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 14g Calories: 374

size: **Muscle Gain** Protein: 48g Carbs: 42g Fat: 18g Calories: 490

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 14g Calories: 306

Ingredients: Ground Beef, Zucchini, Parmesan Cheese, Mozzarella Cheese, Greek Yogurt, Marinara Sauce, 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 Calories: 494

-Hibachi Grilled Skillet (DF) Ingredients: Grilled Chicken, Jumbo Shrimp, Lean Steak, Brown Rice, Zucchini, Squash, Broccoli, Carrots, Onion, Teriyaki Soy Sauce and Spices

Size: **Muscle Gain** Protein: 37g Carbs: 39g Fat: 10g Calories: 434

-Pizza Protein Pocket: Ingredients: Ground Turkey, Greek Yogurt, Flour, Pepperoni, Marinara, Mozzarella, Parmesan Cheese, Spices

Protein: 22g Carbs: 50g Fat: 13g Calories: 405 (Macros Per Pocket)

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

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

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

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

Protein: 42g Carbs: 13g Fat: 16g Calories: 343

-Honey BBQ Glazed Salmon Bowl (GF/DF) Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, Spices

Protein: 36g Carbs: 12g Fat: 8g Calories: 264

Wraps

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

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

-Chicken Bacon Ranch Wrap: Protein: 46g Carbs: 50g Fat: 20g Calories: 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning, Tortilla

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

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

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

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

Snacks

-Strawberry Shortcake Protein Donut: Protein: 24g Carbs: 17g Fat: 5g Calories: 205

Ingredients: Sugar Free Baking Mix/ Frosting, Sugar Free Jello, Egg White, Whey Protein, Strawberry Extract

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

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

-Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Calories: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk, White Chocolate Chip

-Cranberry Orange Energy Bites (GF) Protein: 25g Carbs: 24g Fat: 22g Calories: 394

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

-Chocolate Peanut Butter Keto Fudge (GF) Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring

Vegetarian/Vegan Menu Entrée

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

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

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

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

-Tofu Egg Roll in a Bowl (DF) Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Brown Rice, Tofu, Cabbage, Carrots, Soy Sauce, Spices

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

Ingredients: Black Beans, Bell Peppers, Sweet Potatoes, Garlic, Oats, Spices, Side of Spicy Ketchup

Long Life Kids Meals

-Chicken Taco Melt w/ Sweet Corn: Protein: 16g Carbs: 32g Fat: 8g Calories: 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 Calories: 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