

LONGLIFEMEALPREP.COM
NEW WEEKLY MENU 2/4– 2/10 (Ship Date: 2/9)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips Almond Milk

-Turkey Sausage Breakfast Omelet (GF) Protein: 32g Carbs: 2g Fat: 14g Calories: 280

Ingredients: Egg whites, Egg, Turkey Sausage, Cheddar Cheese, Spices

-Breakfast Burrito Wrap: Protein: 28g Carbs: 49g Fat: 16g Calories: 452

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

-Korean Beef Bowl (DF) Ingredients: Ground Beef, Brown Rice, Broccoli, Spices, Shredded Carrots, Sesame Seeds, Korean Sauce

size: **Weight Loss** Protein: 25g Carbs: 36g Fat: 9g Calories: 325

size: **Muscle Gain** Protein: 40g Carbs: 48g Fat: 14g Calories: 478

size: **Low Carb/Keto Friendly** Protein: 34g Carbs: 12g Fat: 10g Calories: 322

Ingredients: Ground Beef, Broccoli, Shredded Carrots, Korean Sauce, Sesame Seeds

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

size: **Weight Loss:** Protein: 28g Carbs: 32g Fat: 11g Calories: 339

size: **Muscle Gain:** Protein: 42g Carbs: 48g Fat: 14g Calories: 486

size: **Low Carb/Keto Friendly** Protein: 32g Carbs: 10g Fat: 13g Calories: 285

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

-Honey Garlic Turkey Bowl (DF) Ingredients: Ground Turkey, Basmati Rice, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

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, Green Beans, Onions, Bell Peppers, Honey Garlic Glaze

-Chicken Spaghetti Bowl: Ingredients: Oven Roasted Chicken Breast, Pasta, Marinara, Spinach, Mozzarella and Parmesan Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 34g Fat: 8g Calories: 330

size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 10g Calories: 450

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 13g Fat: 9g Calories: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

-BBQ Shredded Chicken with 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 Calories: 346

Size: **Muscle Gain** Protein: 40g Carbs: 52g Fat: 14g Calories: 494

Size: **Low Carb (GF)** Protein: 34g Carbs: 15g Fat: 16g Calories: 340

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

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

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

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

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

Ingredients: Grilled Chicken, Squash, Chipotle Sauce, Cheddar Cheese, 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, 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, Sauteed Onions, Spices, Side of Yum Yum Sauce

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

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

Protein: 35g Carbs: 12g Fat: 12g Calories: 296

-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

-Italian Chicken Wrap: Protein: 40g Carbs: 50g Fat: 12g Calories: 468

Ingredients: Roasted Chicken, Tortilla Wrap, Marina Sauce, Mozzarella Cheese, Parmesan, Spices

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

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

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

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

-BBQ Shredded Chicken Wrap: Protein: 34g Carbs: 50g Fats: 16g Calories: 480

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

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

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

Snacks

-Sweetheart Protein Donut: Protein: 24g Carbs: 24g Fat: 5g Calories: 237

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

-Very Cherry Protein Poppers: Protein: 24g Carbs: 24g Fat: 5g Calories: 237

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Almond Milk, Sugar Free Cherry Jello, Coconut Oil, Splenda

-Strawberry Shortcake Protein Bar: Protein: 24g Carbs: 24g Fat: 8g Calories: 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 Calories: 418

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Chia Seeds, Almonds, Walnuts, Cranberries, Raisins

-Candy Bar Keto Fudge (GF) Protein: 15g Carbs: 9g Fat: 28g Calories: 348

Ingredients: Organic Coconut Oil, Peanut Butter, Chocolate Whey Protein, Sugar Free Chocolate Flavoring, Peanuts, Sugar Free Caramel

Vegetarian/Vegan Menu Entrée

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

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

-Honey Garlic Tofu Bowl (DF) Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Extra Firm Tofu, Basmati Rice, Sauteed Onions, Bell Peppers, Honey Garlic Glaze

-Cabbage Steak with Red Potatoes Bowl (GF/DF) Protein: 10g Carbs: 47g Fat: 5g Calories: 213

Ingredients: Cabbage, Oven Roasted Red Potato, Sauteed Onions, Spices

-Chipotle Chickpea Bowl (GF/DF) Protein: 19g Carbs: 59g Fat: 16g Calories: 456

Ingredients: Seasoned Chickpeas, Seasoned Basmati Rice, Squash, Chipotle Sauce, Spices

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: 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

