

LONGLIFEMEALPREP.COM
NEW WEEKLY MENU 2/25– 3/3 (Ship Date: 3/2)

Breakfast

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

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

-Bacon & Cheese Breakfast Omelet (GF) Protein: 32g Carbs: 2g Fat: 18g Calories: 298

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

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

Ingredients: Egg Whites, Cheddar Cheese, 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

-Philly Cheese Bowl (GF) Ingredients: Ground Beef, Brown Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

size: **Weight Loss** Protein: 28g Carbs: 28g Fat: 8g Calories: 296

size: **Muscle Gain** Protein: 45g Carbs: 40g Fat: 14g Calories: 482

size: **Low Carb/Keto Friendly (GF)** Protein: 36g Carbs: 14g Fat: 12g Calories: 308

Ingredients: Ground Beef, Cauliflower Rice, Onions, Green Bell Peppers, Mozzarella Cheese, Spices

-Garlic Parm Chicken Bowl: Ingredients: Grilled Chicken Breast, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

size: **Weight Loss:** Protein: 26g Carbs: 30g Fat: 6g Calories: 274

size: **Muscle Gain:** Protein: 40g Carbs: 45g Fat: 9g Calories: 421

size: **Low Carb/Keto Friendly (GF)** Protein: 32g Carbs: 12g Fat: 14g Calories: 302

Ingredients: Grilled Chicken Breast, Green Beans, Garlic Parmesan Sauce, Mozzarella Cheese

-Kickin Cajun Chicken Bowl (GF/DF) Ingredients: Shredded Chicken, Basmati Rice, Broccoli, Kickin Cajun Sauce

size: **Weight Loss** Protein: 28g Carbs: 32g Fat: 3g Calories: 267

size: **Muscle Gain** Protein: 42g Carbs: 48g Fat: 6g Calories: 414

size: **Low Carb/Keto Friendly (DG)** Protein: 32g Carbs: 10g Fat: 8g Calories: 240

Ingredients: Shredded Chicken, Broccoli, Cheddar Cheese, Kickin Cajun Sauce

-Chicken Alfredo Bowl: Ingredients: Oven Roasted Chicken, Noodles, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

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: 14g Calories: 306

Ingredients: Oven Roasted Chicken, Broccoli, Healthy Alfredo Sauce, Parmesan Cheese, Salt, Pepper

-Turkey Meatloaf Bowl (DF/GF) Ingredients: Ground Turkey, Mash Potato, Oatmeal, Onion, Green Beans, Bell Peppers, Egg, Tangy Tomato Sauce, Spices

Size: **Weight Loss** Protein: 27g Carbs: 37g Fat: 6g Calories: 310

Size: **Muscle Gain** Protein: 40g Carbs: 47g Fat: 9g Calories: 429

Size: **Low Carb (DF/GF)** Protein: 32g Carbs: 12g Fat: 10g Calories: 270

Ingredients: Ground Turkey, Green Beans, Egg, Oatmeal, Bell Peppers, Tangy Tomato Sauce, Onion, Spices

-Chicken Enchilada with Salsa Verde Bowl: Ingredients: Shredded Chicken, Black Beans, Corn, Cheddar Cheese, Tomatoes, Flour Tortilla, Refried Beans, Jalapenos, Fresh Cilantro, Taco Seasoning, Side of Salsa Verde

size: **Weight Loss** Protein: 25g Carbs: 35g Fat: 6g Calories: 294

size: **Muscle Gain** Protein: 30g Carbs: 43g Fat: 8g Calories: 364

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 15g Fat: 12g Calories: 264

Ingredients: Shredded Chicken, Corn, Black Beans, Tomatoes, Cheddar Cheese, Jalapenos, Fresh Cilantro, Spices, Side of Salsa Verde

-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

-Taco Beef Protein Pocket: Protein: 23g Carbs: 49g Fat: 13g Calories: 405

(Macros Per Pocket) Ingredients: Ground Beef, Greek Yogurt, Flour, Cheddar Cheese, Spinach, Taco 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

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

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

-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 Calories: 368

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

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

Wraps

-Philly Cheese Wrap: Protein: 40g Carbs: 50g Fat: 20g Calories: 532

Ingredients: Ground Beef, Tortilla Wrap, Green Peppers, Onions, Provolone and Mozzarella Cheese

-Garlic Parm Chicken Wrap: Protein: 41g Carbs: 50g Fat: 10g Calories: 454

Ingredients: Grilled Chicken Breast, Tortilla Wrap, Parmesan Cheese, Garlic Parmesan Sauce, Spices

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

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

-Kickin Cajun Chicken Wrap: Protein: 42g Carbs: 48g Fat: 14g Calories: 866

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce

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

-Double Chocolate Protein Poppers: Protein: 22g Carbs: 22g Fat: 5g Calories: 221

Ingredients: Sugar free baking mix, Whey Protein, Eggs, Coconut Oil, Chocolate Chips, Sugar Free Pudding Mix

-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

-Salted Caramel Keto Fudge (GF) Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Organic Coconut Oil, Peanut Butter, Caramel Whey Protein

Vegetarian/Vegan Menu Entrée

-Chick Pea Alfredo Bowl: Protein: 16g Carbs: 51g Fat: 12g Calories: 378

Ingredients: Pasta, Seasoned Chickpeas, Broccoli, Healthy Alfredo Sauce, Parmesan

-Philly Lentil Bowl (GF) Protein: 20g Carbs: 48g Fat: 12g Calories: 380

Ingredients: Lentils, Brown Rice, Green Bell Peppers, Onion, Mozzarella, Worcestershire Sauce, Spices

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

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

-Veggie Enchilada Wrap: Protein: 12g Carbs: 50g Fat: 15g Calories: 366

Ingredients: Black Beans, Corn, Tortilla Wrap, Cheddar Cheese, Fresh Cilantro, Tomato, Taco Seasoning, Side of Salsa Verde

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 Calories: 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