

LONGLIFEMEALPREP.COM  
**NEW WEEKLY MENU 6/3-6/9 (Ship Date: 6/8)**

***Breakfast***

**-Blueberry Protein Waffles:** Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Blueberry Baking Mix, Almond Milk, Fresh Blueberries

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

Ingredients: Egg whites, Egg, Turkey Sausage, 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

**-Ham, Egg and Cheese Breakfast Protein Pocket:** Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, Spices

Protein: 24g Carbs: 31g Fat: 9g Calories: 301 (Macros Per Pocket)

**-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***

**-Cheeseburger Bowl (GF)** Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup, Mustard

size: **Weight Loss** Protein: 28g Carbs: 30g Fat: 12g Calories: 340

size: **Muscle Gain** Protein: 48g Carbs: 45g Fat: 16g Calories: 516

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 10g Fat: 20g Calories: 364

Ingredients: Ground Beef, Green Beans, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

**-BBQ Grilled Chicken with Roasted Red Potato 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 Calories: 255

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

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

Ingredients: Grilled Chicken Breast, Green Beans, Cheddar Cheese, BBQ Sauce, 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 Calories: 352

size: **Muscle Gain** Protein: 45g Carbs: 46g Fat: 19g Calories: 535

size: **Low Carb/Keto Friendly (GF)** Protein: 34g Carbs: 10g Fat: 20g Calories: 380

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

**-Cheesy Chicken Bake 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

**-Teriyaki Chicken Bowl (DF)** Ingredients: Oven Roasted Chicken Breast, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

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

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

Size: **Low Carb** Protein: 31g Carbs: 15g Fat: 7g Calories: 247

Ingredients: Oven Roasted Chicken Breast, Mixed Vegetables, Soy Sauce, Teriyaki Sauce, Spices

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

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

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

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

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

**-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

## ***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

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

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

**-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

**-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***

**-Cheeseburger Wrap:** Protein: 40g Carbs: 48g Fat: 18g Calories: 514

Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup, Mustard

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

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

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

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

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

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

## ***Snacks***

**-Double Chocolate Protein Donut:** Protein: 24g Carbs: 27g Fat: 5g Calories: 245

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Splenda, White Chocolate Chips, Sugar Free Frosting

**-Strawberry Lemonade Protein Poppers:** Protein: 24g Carbs: 21g Fat: 5g Calories: 217

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

**-Chocolate Chip Protein Bar:** Protein: 23g Carbs: 35g Fat: 12g Calories: 340

Ingredients: High Protein Whole Grain Baking Mix, Almond Milk, Coconut Oil, Eggs, Chocolate Chips, Whey Protein

**-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

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

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

## ***Vegetarian/Vegan Menu Entrée***

**-Black Bean Burger with Red Potato Bowl (GF/DF)** Protein: 16g Carbs: 55g Fat: 3g Calories: 311

Ingredients: Black Bean, Bell Pepper, Red Potato, Sweet Chili Sauce, Garlic, Oatmeal, Spices. (Side of Spicy Ketchup)

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

Ingredients: Extra Firm Tofu, Basmati Rice, Mixed Vegetables, Soy Sauce, Teriyaki Sauce

**-Veggie Tacos Bowl:** Protein: 22g Carbs: 49g Fat: 14g Calories: 392

Ingredients: Refried Beans, Brown Rice, Salsa, Cheddar Cheese, Tortilla Wrap, Cilantro, Spinach, Spices

**-Italian Chickpea Pasta Salad (DF)** Protein: 16g Carbs: 50g Fat: 12g Calories: 374

Ingredients: Chickpeas, Pasta, Squash, Garlic, Basil, Side of Italian Dressing

## ***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