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**NEW WEEKLY MENU 8/5-8/11 (Ship Date: 8/10)**

***Breakfast***

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

Ingredients: Protein Pancake Mix, Almond Milk, Triple Berry Baking Mix

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

Ingredients: Egg Whites, Cheddar Cheese, Salsa, Tortilla Wrap, Spices

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

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

**-Fajita Grilled Chicken Bowl (GF)** Ingredients: Grilled Chicken, Basmati Rice, Sauteed Onions, Bell Peppers, Mozzarella, Cilantro, Spices

size: **Weight Loss** Protein: 27g Carbs: 30g Fat: 8g Calories: 300

size: **Muscle Gain** Protein: 42g Carbs: 40g Fat: 10g Calories: 418

size: **Low Carb/Keto Friendly** Protein: 9g Carbs: 39g Fat: 12g Calories: 300

Ingredients: Grilled Chicken, Cauliflower Rice, Sauteed Onions, Bell Peppers, Mozzarella, Cilantro, Spices

**-Italian Turkey with Ziti Bowl:** Ingredients: Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesan, Spices

size: **Weight Loss** Protein: 29g Carbs: 36g Fat: 9g Calories: 332

size: **Muscle Gain** Protein: 42g Carbs: 49g Fat: 11g Calories: 463

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

Ingredients: Ground Turkey, Zucchini, Marinara, Parmesan Cheese, 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 Calories: 299

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

size: **Low Carb/Keto Friendly** Protein: 36g Carbs: 12g Fat: 20g Calories: 372

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

**-Shepherd's Pie Bowl (GF)** Ingredients: Lean Ground Beef, Potato Mash, 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

**-Kickin Cajun 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** Protein: 32g Carbs: 10g Fat: 8g Calories: 240

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

**-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/Keto Friendly** Protein: 32g Carbs: 16g Fat: 7g Calories: 255

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

**-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

**-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

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

Size: Lean & Green Protein: 35g Carbs: 12g Fat: 12g Calories: 296

## ***Wraps***

**-Fajita Grilled Chicken Wrap:** Protein: 12g Carbs: 50g Fat: 5g Calories: 293

Ingredients: Grilled Chicken Breast, Bell Peppers, Onion, Mozzarella, Cilantro, Tortilla Wrap, Spices

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

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

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

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

**-Sweet and Spicy Beef Wrap:** Protein: 40g Carbs: 50g Fat: 20g Calories: 500

Ingredients: Ground Beef, Mozzarella Cheese, Spinach and Herb Tortilla Wrap, BBQ Sauce, Cayenne Pepper

## ***Snacks***

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

Ingredients: Sugar Free Baking Mix, Whey Protein, Eggs, Coconut Oil, Chocolate Chips, Sugar Free Pudding Mix

**-Very Vanilla Protein Donut:** Protein: 22g Carbs: 23g Fats: 8g Calories: 252

Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Vanilla Flavoring, Sugar Free Vanilla Protein Frosting

**-Cinnamon Swirl Protein Bar:** Protein: 18g Carbs: 24g Fat: 12g Calories: 276

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

**-Butter Pecan Energy Bites (GF)** Protein: 15g Carbs: 34g Fat: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Pecans, Whey Protein, Chia Seeds, Sugar Free Flavoring

**-Banana Crème Protein Pudding:** Protein: 22g Carbs: 16g Fat: 8g Calories: 200

Ingredients: Greek Yogurt, Sugar Free Banana Pudding Mix, Vanilla Wafers

## ***Vegetarian/Vegan Menu Entrée***

**-Vegan Fajita Bowl (GF/DF)** Protein: 12g Carbs: 50g Fat: 5g Calories: 293

Ingredients: Black Beans, Basmati Rice, Onions, Spinach, Bell Peppers, Fajita Seasoning

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

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

**-Orange Glazed Tofu Bowl (GF/DF)** Protein: 15g Carbs: 45g Fat: 8g Calories: 312

Ingredients: Extra Firm Tofu, Rice Noodles, Peas, Mandarin Oranges, Orange Glaze Sauce, Green Onions

**-Vegetarian Taco Bowl:** Protein: 22g Carbs: 49g Fat: 14g Calories: 392

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