

**NEW WEEKLY MENU 02/14/24– 02/20/24(Ship Date: 02/19/24)**

***Breakfast***

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

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

**-Turkey Sausage & Cheese Breakfast Omelet (GF):** Protein 32g Carbs 2g Fats 14g Cal 280

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

**-Ham Egg White & Cheese Breakfast Wrap (GF):** Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Ham, Cheddar Cheese, Tortilla Wrap and 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)

***ENTREES***

**-Sloppy Joe Bowl (GF)**Ingredients: ground beef, garlic mash, sloppy joe sauce, carrots, and spices

size: **Weight Loss Protein: (GF/DF)25g Carbs: 30g Fat: 8g Calories: 292**

size: **Muscle Gain Protein:(GF/DF) 40g Carbs: 45g Fat: 11g Calories: 439**

size: **Low Carb/Keto Friendly (GF) Protein: 35g Carbs: 11g Fat: 14g Calories: 34**

Ingredients: Ground beef, carrots, cheddar, sloppy joe sauce, spices

**-Garlic Parmesan Chicken Bowl (DF)**Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm

Sauce, Parmesan, Spices

size: **Weight Loss Protein 26g Carbs 30g Fats 6g Cal 274**

size: **Muscle Gain Protein 40g Carbs 45g Fats 9g Cal 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

**-Chicken Spaghetti Bowl:** ingredients: Oven roasted chicken breast, pasta, marinara, spinach, mozzarella

cheese, 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 (GF) Protein: 32g Carbs: 13g Fat: 14g Calories: 306**

Ingredients: Oven roasted chicken breast, zucchini, marinara, mozzarella cheese, parmesan cheese, spices

**-Egg Roll in a Bowl (DF)**Ingredients: Ground Turkey, Brown Rice, Cabbage, Carrots, Soy Sauce, Green Onions Side: 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 (GF) Protein: 32g Carbs: 11g Fat: 7g Calories: 271**

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

**-Buffalo Chicken Bowl (GF)**Ingredients: Shredded Chicken Breast, Basmati Rice, Mixed Vegetables, Buffalo Sauce, and Spices

Size: **Weight Loss (GF/DF) Protein: 25g Carbs: 30g Fat: 5g Calories: 265**

Size: **Muscle Gain (GF/DF) Protein: 40g Carbs: 42g Fat: 8g Calories: 400**

Size: **Low Carb (GF) Protein: 35g Carbs: 10g Fat: 20g Calories: 380**

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Mixed Vegetables, Buffalo Sauce, and Spices

**-Pizza Protein Pockets:**Ingredients: Ground Turkey, Greek Yogurt, Flour, Marinara, Pepperoni, Mozzarella Cheese,

Parmesan cheese, Spices

(Macros For 1 Pocket 2 Pockets Per Tray) **Protein:22g Carbs:50g Fat:13g Calories:405**

**-Turkey Burger with Sweet Potato Mash (GF/DF):**Ingredients: Ground Turkey, Sweet Potato, Onions, Sugar Free

BBQ Sauce, Spices (Side of Sriracha Ketchup)

size: **Muscle Gain: Protein: 40g Carbs: 40g Fat: 9g Calories: 401**

***Lean & Green Entrees***

**-Honey BBQ Salmon LNG(GF/DF)**Ingredients: Wild Caught Salmon, Green Beans, BBQ Sauce, Honey, and Spices

Size: Lean & Green: Protein: 36g Carbs: 12g Fats: 8g Cal: 264

### **Wraps**

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

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

**-Italian Chicken Wrap** Protein 40g Carbs 50g Fats 12g Cal 468

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

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

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

**-Sloppy Joe Wrap:** Protein: 40g Carbs: 54g Fat: 14g Calories: 500

Ingredients: Lean ground beef, cheddar cheese, tortilla, sloppy joe sauce

### **Snacks**

**-Sweetheart Protein Donut:** Protein 24g Carbs 24g Fats 5g Cal 237

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

**-Salted Caramel Protein Poppers:** Protein: 18g Carbs: 24g Fat: 12g Calories: 276

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

**-Lemon Cake Protein Bar:** Protein: 20g Carbs: 24g Fats: 12g Calories: 284

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg, Lemon Extract, Keto White Chocolate Chips

**-Low Carb Strawberry Cheesecake (GF):** Protein: 22g Carbs: 18g Fat: 5g Calories: 205

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

**-Chocolate Walnut Keto Fudge(GF):** Protein: 20g Carbs: 24g Fats: 12g Calories: 284

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg, Lemon Extract, Keto White Chocolate Chips

### **Vegetarian/Vegan Menu Entrée**

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

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

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

Ingredients: Chickpeas, Pasta, Marinara, Mozzarella, Spinach, garlic, and spices

**-Spicy Bean and Lentil Bowl(DF/GF):** Protein: 16g Carbs: 64g Fat: 6g Calories: 360

Ingredients: Beans, Lentils, Sriracha, Onions, Brown Rice, Spinach and Spices

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

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

### **Long Life Kids Meals**

**Chicken Taco Melt w/ Sweet Corn: Protein 16g Carbs 32g Fat: 8g Cal 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 Cal 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 Calories: 299**

Ingredients: Flaxseed Crusted Chicken Breast, Potato, Peas and Seasoning (Juice Box, Protein Popper)

### **Gourmet Nut Butters**

**Cinnamon Spice Almond Butter (GF, DF):** Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180

Ingredients: Almonds, Cinnamon, Spices

**Chocolate Almond Butter (GF, DF):** Per 2 Tbsp Protein: 6g Carbs: 8g Fat: 16g Calories: 190

Ingredients: Almonds, Coconut Oil, Cocoa

**Honey Cinnamon Peanut Butter (GF, DF):** Per 2 Tbsp Protein: 6g Carbs: 10g Fat: 14g Calories: 180

Ingredients: Peanuts, Honey, Cinnamon

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