

NEW WEEKLY MENU 02/21/24– 02/27/24(Ship Date: 02/26/24)

Breakfast

-Cranberry Orange Waffles: Protein:22g Carbs:40g Fat:8g Calories:320

Ingredients protein pancake mix, cranberry orange baking mix, cranberries, orange zest, almond milk

-Double Cheese Scramble (GF): Protein:28g Carbs:4g Fat:18g Calories:290

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese, Spices and Hot Sauce Packet (side)

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

Ingredients: Egg Whites, Cheddar Cheese, Salsa, 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

-Taco Turkey Bowl (GF)Ingredients: Ground turkey, seasoned brown rice, spinach, cheddar, taco seasoning

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,

-Shepard's Pie Bowl (GF)Ingredients: Lean Ground Beef, Potato Mash, Mixed Vegetables, Cheddar Cheese, Spices

size: **Weight Loss Protein: 25g Carbs: 33g Fats: 12g Calories:340**

size: **Muscle Gain Protein: 39g Carbs: 46g Fats: 14g Calories:472**

size: **Low Carb/Keto Friendly Protein: 35g Carbs: 16g Fats: 13g Calories:321**

Ingredients: Lean Ground Beef, Cauliflower Mash, Mixed Vegetables, Cheddar Cheese, Spices

-Chicken Bacon Ranch Bowl: ingredients: Shredded Chicken,Pasta,Broccoli,Bacon,Greek Yogurt, Ranch Seasoning, Cheddar Cheese, and Spices

size: **Weight Loss Protein: 28g Carbs: 28g Fat: 10g Calories: 314**

size: **Muscle Gain Protein: 45g Carbs: 40g Fat: 14g Calories: 466**

size: **Low Carb/Keto (GF) Protein: 38g Carbs: 10g Fat: 20g Calories: 372**

Ingredients: Shredded Chicken,Broccoli,Bacon,Greek Yogurt, Ranch Seasoning, Cheddar Cheese, and Spices

-Chipotle Grilled Chicken BowlIngredients: Grilled Chicken, Green Beans, Basmati Rice, Chipotle Sauce, and Spices

Size: **Weight Loss (GF/DF) Protein: 25g Carbs:25g Fats: 11g Calories: 299**

Size: **Muscle Gain (GF/DF) Protein: 40g Carbs: 40g Fats: 16g Calories: 464**

Size: **Low Carb (GF) Protein: 32g Carbs: 12g Fats: 12g Calories: 284**

Ingredients: Grilled Chicken, Green Beans, Cheddar, Chipotle Sauce and Spices

-Italian Chicken W/ Cheese TortelliniIngredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesan Cheese

Size: **Weight Loss Protein: 29g Carbs: 36g Fats: 8g Calories: 332**

Size: **Muscle Gain Protein: 42g Carbs: 49g Fats: 10g Calories: 454**

Size: **Low Carb (GF) Protein: 32g Carbs: 13g Fats: 9g Calories: 261**

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesan Cheese

-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

-Shrimp & Sauteed Broccoli LNG'(GF/DF):Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices

Size: **Lean & Green Protein:30g Carbs: 17g Fats: 8g Calories: 260**

-Steak & Greens LNG(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

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

Ingredients: Ground turkey, tortilla, salsa, cheddar cheese, taco seasoning

-Chicken Bacon Ranch Wrap Protein 46g Carbs 50g Fats 20g Cal 564

Ingredients: Shredded Chicken Breast, Cheddar Cheese, Bacon, Ranch Seasoning and Tortilla

-Chipotle Grilled Chicken Wrap: Protein 42g Carbs 48g Fats 14g Cal 486

Ingredients: Grilled Chicken, Chipotle Sauce, Cheddar Cheese, and Spices

-BBQ Beef Wrap: Protein: 42g Carbs: 48g Fat: 16g Calories: 504

Ingredients: Ground Beef, Cheddar Cheese, Tortilla Wrap, BBQ Sauce

Snacks

-Caramel Apple Protein Donut: Protein 20g Carbs 40g Fats 10g Cal 330

Ingredients: Apple Cinnamon Baking Mix, Whey Protein, Eggs, Apples, Coconut Oil, Sugar Free Caramel, Peanuts

-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 and Whey Protein

-Vanilla Peanut Butter Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Calories: 328

Ingredients: Coconut Oil, Peanut Butter, Vanilla Whey Protein, Sugar Free Vanilla Flavoring

-Butter Pecan Energy Bites: Protein: 15g Carbs: 34g Fats: 22g Calories: 394

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

Vegetarian/Vegan Menu Entrée

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

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

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

Ingredients: Seasoned Chickpeas, Seasoned Basmati Rice, Green Beans, Chipotle Sauce, and Spices

-Italian Chickpea w/ Cheese Tortellini: Protein: 16g Carbs: 50g Fat: 12g Calories: 374

Ingredients: Chickpeas, Cheese Tortellini, Marinara, Mozzarella, Spinach, Garlic, Spices

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

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

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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