

**NEW WEEKLY MENU 03/06/24– 03/12/24(Ship Date: 03/11/24)**

***Breakfast***

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

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

**-Crustless Quiche (GF):** Protein:28g Carbs:4g Fat:19g Calories:299

Ingredients: Eggs, Milk, Cheddar Cheese, Spinach, Parmesan Cheese, Mozzarella Cheese, Green Onions, Ham and Spices

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

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella 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***

**-Italian Turkey with Ziti** Ingredients :Ground Turkey, Ziti Pasta, Zucchini, Marinara, Mozzarella, Parmesean, 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 Protein (GF) : 32g Carbs: 13g Fat: 14g Calories: 306**

Ingredients: Ground Turkey, Zucchini, Mozzarella, Parmesean, Spices

**-Honey Sriracha Chicken Bowl( GF)(DF) :** Ingredients: Shredded Chicken, Honey Sriracha Sauce, Brown Rice, Mixed Vegetables and Spices

size: **Weight Loss Protein: 28g Carbs: 38g Fat: 3g Calories: 291**

size: **Muscle Gain Protein: 42g Carbs: 52g Fat: 5g Calories: 425**

size: **Low Carb/Keto Friendly (GF)(DF) Protein: 32g Carbs: 14g Fat: 3g Calories: 211**

Ingredients: Shredded Chicken, Honey Sriracha Sauce, Mixed Vegetables and Spices

**-Rosemary Chicken Bowl ( GF)(DF):** Ingredients: Rosemary Roasted Chicken Breast, Quinoa, Kale, Rosemary Sauce

size: **Weight Loss Protein: 25g Carbs: 35g Fat: 3g Calories: 267**

size: **Muscle Gain Protein: 40g Carbs: 55 Fat: 5g Calories: 425**

size: **Low Carb/Keto (GF) Protein: 32g Carbs: 12g Fat: 12g Calories: 284**

Ingredients: Rosemary Roasted Chicken Breast, Kale, Rosemary Sauce

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

Size: **Weight Loss (GF/DF) Protein: 28g Carbs: 30g Fat: 12g Calories: 340**

Size: **Muscle Gain (GF/DF) Protein:48g Carbs:45g Fat:16g Calories:516**

Size: **Low Carb (GF) Protein: 36g Carbs: 10g Fat: 20g Calories: 364**

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

**-Sweet Chili Chicken Bowl (DF)** Ingredients: Grilled Chicken, seasoned basmati rice, sauteed squash, bell peppers, sweet chili sauce

Size: **Weight Loss Protein 25g Carbs 35g Fats 6g Cal 294**

Size: **Muscle Gain Protein 40g Carbs 43g Fats 8g Cal 404**

Size: **Low Carb Protein 34g Carbs 15g Fats 18g Cal 318**

Ingredients: Grilled Chicken, squash, bell peppers, mozzarella cheese, sweet chili sauce

**-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 and Sautéed Broccoli LNG'(DF)(GF):** Ingredients: Shrimp, Broccoli, Red Bell Peppers. Sweet Chili Sauce, Spices **Size: Lean & Green** Protein:30g Carbs: 17g Fats: 8g Calories: 260

## **Wraps**

**-Steak Burrito Wrap :** Protein: 42g Carbs: 64g Fat: 18g Calories: 586  
Ingredients: Lean Steak, Rice, Cheddar Cheese, Tortilla Wrap, Salsa, Spices

**-Cheeseburger Wrap** Protein: 40g Carbs: 48g Fat: 18g Calories: 514  
Ingredients: Ground Beef, Tortilla Wrap, Cheddar Cheese, Dill Pickles, Onions, Ketchup and Mustard

**-Honey Sriracha Chicken Wrap:** Protein: 42g Carbs: 52g Fat: 18g Calories: 538  
Ingredients: Shredded Chicken Breast, Honey Sriracha Sauce, Mozzarella and Tortilla Wrap

**-Sweet Chili Chicken Wrap:** Protein: 40g Carbs: 50g Fat: 14g Calories: 486  
Grilled Chicken Breast, Mozzarella Cheese, Bell Peppers, Sweet Chili Sauce, Tortilla Wrap & Spices

## **Snacks**

**-Snickers Protein Donut:** Protein: 24g Carbs: 40g Fat: 9g Calories: 337  
Ingredients: Sugar Free Baking Mix, Egg Whites, Whey Protein, Coconut Oil, Splenda, and Snickers Candy

**-Cinna Roll Protein Poppers:** Protein: 18g Carbs: 24g Fat: 12g Calories: 276  
Ingredients: Sugar Free Baking Mix, Whey Protein, Cinnamon, Coconut Oil, Eggs, Almond Milk and Splenda 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 and White Chocolate Chip

**-Cookie Dough Energy Bites – Vegan ( DF) (GF):** Protein 15g Carbs 24g Fats 22g Cal 394  
Ingredients: Peanut Butter, Coconut Flour, Dairy Free Chocolate Chips, Maple Syrup, Vanilla Extract, Sea Salt Flavoring

**-Chocolate Pudding :** Protein: 22g Carbs: 16g Fat: 8g Calories: 220  
Ingredients: Greek yogurt and sugar free chocolate pudding mix

## **Vegetarian/Vegan Menu Entrée**

**-Roasted Veggie Skillet (DF)(GF):** Protein 18g Carbs 42g Fats 6g Cal 294  
Ingredients: Roasted Red Potato, Onions, Peppers, Kale, Carrots, Mushrooms, Spices

**-Stuffed Zucchini Boats (GF):** Protein: 21g Carbs: 36g Fat: 11g Calories : 307  
Ingredients: Zucchini, Chick Peas, Marinara Sauce, Spinach, Parmesan & Mozzarella Cheese, Garlic and Spices

**-Vegan Meatballs with Ziti:** Protein: 15g Carbs 45g Fats 8g Calories: 312  
Ingredients: Ziti Pasta, Black Beans, Oats, Bell Pepper, Spinach, Marinara, Spices

**-Honey Sriracha TOFU (DF)(GF):** Protein: 19g Carbs: 59g Fat: 16g Calories: 456  
Ingredients: Brown Rice, Tofu, Broccoli, Shredded Carrots, Honey Sriracha Sauce

## **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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