

NEW WEEKLY MENU 05/1/24– 05/7/24(Ship Date: 05/6/24)

Breakfast

-Buttermilk Protein Waffles with PB & J: Protein:22g Carbs:40g Fat:8g Calories:320

Ingredients: Protein Pancake Mix and Almond Milk, Peanut Butter (side) Jelly (side)

-Ham and Cheese Breakfast Omelet (GF): Protein 32g Carbs 2g Fats 14g Cal 280

Ingredients: Egg whites, Egg, Ham, Cheddar Cheese, Mozzarella Cheese, Spices

-Turkey Sausage Breakfast Wrap : Protein: 40g Carbs: 47g Fat: 12g Cal: 452

Ingredients: Egg Whites, Turkey Sausage, 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

-Turkey Meatloaf with Garlic Mash Bowl : (GF) (DF) Ingredients: ground turkey, potato, oatmeal, onion, green beans ,bell peppers, egg, tangy tomato sauce, spices

size: Weight Loss Protein: Protein 27g Carbs 37g Fat 6g Cal 310

size: Muscle Gain Protein: Protein 40g Carbs 47g Fats 9g Cal 429

size: Low Carb/Keto Friendly (GF)(DF) Protein 32g Carbs 12g Fats 10g Cal 270

Ingredients: ground turkey, green beans, egg, oatmeal, bell peppers, tangy tomato sauce, onion, spices

-Italian Chicken with Cheese Tortellini : Ingredients: Roasted Chicken, Cheese Tortellini, Spinach, Marinara, Parmesean 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/Keto Friendly (GF) Protein: 32g Carbs: 13g Fats: 9g Calories: 261

Ingredients: Roasted Chicken, Zucchini, Marinara, Parmesean Cheese

-Cheeseburger Bowl (GF) : Ingredients: Ground Beef, Brown Rice, Spinach, Cheddar Cheese, Onions, Dill Pickles, Ketchup and 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 (GF) Protein: 36g Carbs: 10g Fat: 20g Calories: 364

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

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

Size: Weight Loss Protein: 25g Carbs: 30g Fat: 5g Calories: 265

Size: Muscle Gain Protein: 40g Carbs: 42g Fat: 8g Calories: 400

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

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

-Garlic Parmesean Chicken Bowl: Ingredients: Grilled Chicken Breast, Orzo, Broccoli, Garlic Parmesan Sauce and Spices

Size: Weight Loss Protein: 26g Carbs: 30g Fat: 6g Calories: 274

Size: Muscle Gain Protein: 40g Carbs: 45g Fat: 9g Calories: 421

Size: Low Carb (GF) Protein: 32g Carbs: 12g Fat: 14g Calories: 302

Ingredients: Grilled Chicken Breast, Broccoli, Garlic Parmesan Sauce, Mozzarella 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

Pizza Protein Pocket Protein: 22g Carbs: 50g Fats: 13g Calories: 405 (Macros Per Pocket)

Ingredients: Ground Turkey, Greek Yogurt, Flour, Pepperoni, Marinara, Mozzarella, Parmesean Cheese, Spices

Lean & Green Entrees

-Flounder with Lemon Sauce and Sauteed Squash LNG'(DF)(GF): Ingredients: Baked Flounder, Yellow Squash, Zucchini, Bell Pepper, Creamy Lemon Sauce, Spices **Size: Lean & Green Protein: 31g Carbs: 16g Fats: 8g Calories:260**

-Shrimp and Sauteed Broccoli with Sweet Chili LNG'(DF)(GF): Ingredients: Grilled Lean Steak, Green Beans, Sauteed Onions, Sliced Almonds, Spices **Size: Lean & Green Protein:35g Carbs: 12g Fat: 12g Calories:296**

Wraps

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

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

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

Ingredients: Shredded Chicken, Buffalo Sauce, Cheddar Cheese, Tortilla Wrap and a side of Ranch

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

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

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

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

Snacks

Smores Protein Donut: Protein: 24g Carbs: 32g Fat: 11g Calories: 323

Ingredients: Sugar Free Baking Mix, Whey Protein, Egg Whites, Coconut oil, Sugar Free Chocolate Protein drizzle, Marshmallow and Graham Cracker

-Orange Dream Protein Poppers: Protein: 18g Carbs: 24g Fat: 12g Calories: 276

Ingredients: Sugar Free Cake Mix, Whey Protein, Egg Whites, Sugar Free Jello, Sugar Free White Chocolate Chips, Orange Extract, Coconut Oil

-Blueberry Lemon Protein Bar: Protein: 22g Carbs: 23g Fats: 8g Cal: 252

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

-Chocolate Chip Protein Cookies : Protein: 12g Carbs: 42g Fat: 4g Calories: 300

Ingredients: Oat Flour, Apple Sauce, Egg Whites, Whey Protein, Chocolate Chips, Pumpkin, Vanilla Extract, Baking Soda, Butter

-Double Chocolate Energy Bites : Protein: 15g Carbs: 34g Fats: 33g Calories: 394

Ingredients: Peanut Butter, Oats, Chia Seeds, Whey Protein, Sugar Free White Chocolate Chips, Sugar Free Dark Chocolate Chips

-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

-Italian Chickpea Tortalini Protein: 16g Carbs: 50g Fat: 12g Calories: 372

Ingredients: Chick Peas, Cheese Tortellini, Marinara, Mozzarella, Spinach, Garlic, Spices

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

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

-Grilled Cauliflower Steak (DF) (GF) Protein: 9g Cabs: 67g Fat: 5g Calories: 349

Ingredients: Grilled Cauliflower, Diced Red Potatoes, Green Beans and Spices

-Ginger Glazed TOFU with Fried Rice : Protein: 15g Carbs: 45g Fats: 8g Cal: 312

Ingredients: Tofu, Basmati Rice, Mixed Vegetables, Garlic Ginger Soy Sauce, 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, Parm5esan, 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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