

NEW WEEKLY MENU 05/15/24– 05/21/24(Ship Date: 05/20/24)

Breakfast

-Cinnamon Swirl Protein Waffles : Protein: 22g Carbs: 40g Fat: 8g Calories: 320

Ingredients: Protein Pancake Mix, Cinnamon Baking Mix, Almond Milk, Whey Protein, Cinnamon

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

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

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

Ingredients: Egg Whites, Cheddar Cheese, Mozzarella Cheese, Tortilla Wrap and Spices

Ham, Egg and Cheese Breakfast Pocket Protein: 24g Carbs:31 Fats: 9g Calories: 301 (Macros Per Pocket)

Ingredients: Eggs, Ham, Cheese, Greek Yogurt, Flour, 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

-Sweet & Spicy Meatball with Garlic Mash Bowl : (GF) Ingredients: Ground Beef, Potato Mash.Mixed

Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet and Spicy Sauce

size: Weight Loss Protein: Protein: 25g Carbs: 31g Fats: 8g Calories: 296

size: Muscle Gain Protein: Protein: 40g Carbs: 46g Fats: 11g Calories: 443

size: Low Carb/Keto Friendly (GF)(DF) Protein: 35g Carbs: 15g Fats: 10g Calories: 290

Ingredients: Ground Beef, Cauliflower Mash.Mixed Vegetables, Jalapenos, Onions, Egg, Green Onion, Sweet and Spicy Sauce

-Pizza Bowl: Ingredients: Ground Turkey, Pasta, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesean Cheese, Spinach and Italian Seasoning

size: Weight Loss Protein: 25g Carbs: 32g Fat: 15g Calories: 352

size: Muscle Gain Protein: 45g Carbs: 46g Fat: 19g Calories: 535

size: Low Carb/Keto Friendly (GF) Protein: 34g Carbs: 10g Fat: 20g Calories: 380

Ingredients: Ground Turkey, Marinara Sauce, Zucchini,Pepperoni, Mozzarella Cheese, Parmesan Cheese and Italian Seasoning

-Creamy Tuscan Chicken Bowl : Ingredients: Oven Roasted Chicken, Orzo, Green Beans , Sun Dried Tomatoes, Creamy Tuscan Sauce, Garlic and parmesan

size: Weight Loss Protein: 26g Carbs: 29g Fats: 9g Calories: 301

size: Muscle Gain Protein: 40g Carbs: 41g Fats: 12g Calories: 432

size: Low Carb/Keto (GF) Protein:32g Carbs:12g Fat:11g Calories:275

Ingredients: Oven Roasted Chicken, Green Beans , Sun Dried Tomatoes, Creamy Tuscan Sauce, Garlic and parmesan

-Chipotle Grilled Chicken (GF)(DF): Ingredients: Grilled Chicken, Green Beans, Seasoned Rice, Chipotle Sauce and Spices

Size: Weight Loss Protein: 25g Carbs:25g Fats: 11g Calories: 299

Size: Muscle Gain 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

-Cheesy Chicken Bake Bowl: Ingredients: Seasoned Shredded Chicken, Basmati Rice, Broccoli, Cheddar Cheese, Spices

Size: Weight Loss Protein: 28g Carbs: 32g Fats: 11g Calories: 339

Size: Muscle Gain Protein:42g Carbs:48g Fat:14g Calories:486

Size: Low Carb (GF) Protein: 32g Carbs:10g Fat:13g Calories:285

Ingredients: Seasoned Shredded Chicken, Broccoli, Cheddar Cheese, Spices

-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

-Hibachi Skillet with (GF/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: 49g Fat: 10g Calories: 434**

Lean & Green Entrees

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

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

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

Protein:30g Carbs: 17g Fats: 8g Calories: 260

Wraps

-Sweet & Spicy Meatball Wrap : Protein: 40g Carbs: 54g Fats: 20g Calories: 500

Ingredients: Ground Beef Meatballs, Mozzarella Cheese, Spinach and Herb Tortilla, Sweet and Spicy BBQ Sauce, Onion, Jalapeno

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

Ingredients: Roasted Chicken, tortilla wrap, cheddar cheese, chipotle sauce, spices

-Pizza Wrap: Protein:40g Carbs:50g Fats:18g Calories: 522

Ingredients: Ground Turkey, Tortilla Wrap, Marinara Sauce, Pepperoni, Mozzarella Cheese, Parmesan Cheese

-Thai Peanut Chicken Wrap : (DF) Protein: 38g Carbs: 52g Fat: 14g Calories: 486

Ingredients: Shredded Chicken Breast, Whole Wheat Wrap, Shredded Carrots, Thai Peanut Sauce and Spices

Snacks

Chocolate Birthday Cake Protein Donut: Protein: 22g Carbs: 23g Fat: 8g Calories: 252

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

Raspberry White Chocolate Protein Poppers: Protein: 24g Carbs: 21g Fats: 5g Calories: 217

Ingredients: Sugar Free Baking Mix, Whey Protein, Coconut Oil, Egg Whites, Sugar Free Jello

-Strawberry Shortcake Protein Bar: Protein: 24g Carbs: 24g Fats:8g Calories: 264

Ingredients: Sugar Free Baking Mix, Sugar Free Protein Frosting, Egg Whites, Whey Protein, Sugar Free Strawberry Flavoring, Graham Cracker Crumble

-White Chocolate Almond Energy Bites (GF) : Protein: 15g Carbs: 34g Fats: 22g Calories: 394

Ingredients: Peanut Butter, Oats, Vanilla Whey Protein, Sugar Free White Chocolate Chips, Sliced Almonds, Chia Seeds

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

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

Vegetarian/Vegan Menu Entrée

-Creamy Tuscan Chick Pea Bowl: Protein: 18g Carbs: 51g Fats: 14g Calories: 402

Ingredients: Oven Roasted Chick Peas, Orzo, Green Beans, Sundried Tomatoes, Creamy Tuscan Sauce, Garlic and Parmesan

Chipotle Tofu Bowl : Protein: 15g Carbs: 45g Fats: 8g Cal: 312

Ingredients: Extra Firm Tofu, Seasoned Basmati Rice, Grilled Squash, Chipotle Sauce, 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 Meatball with Pasta : Protein: 18g Carbs: 56g Fats: 8g Cal: 368

Ingredients: Spaghetti Pasta, Black Beans, Oats, Bell Pepper, Spinach, Marinara, 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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