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NEW WEEKLY MENU 09/25/24– 10/1/24(Ship Date: 09/30/24)

Breakfast

-Chocolate Chip Protein Waffle: Protein: 22g Carbs: 40g Fat: 8g Cal: 320

Ingredients: Protein Pancake Mix, Chocolate Chips, Almond Milk

-Western Breakfast Omelet (GF): Protein: 32g Carbs: 6g Fat: 14g Cal: 296

Ingredients: Egg whites, Egg, Bacon, Mozzarella Cheese, Onions, Bell Peppers, Spices

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

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

-Protein Oat Bowl: Chocolate Lovers: Protein: 31g Carbs: 36g Fat: 10g Cal: 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 Cal: 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 Cal: 431

Ingredients: Oats, Vanilla Whey Protein, Walnuts, Raisins, Almonds, Cranberries (Just Add Water or Milk & Heat)

ENTREES

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

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

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

size: **Low Carb/Keto:** Protein: 32g Carbs: 12g Fat: 10g Cal: 270

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

-Garlic Parm Chicken Bowl): Ingredients: Grilled Chicken, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

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

size: **Muscle Gain:**Protein: 40g Carbs: 45g Fat: 9g Cal: 421

size: **Low Carb/Keto (GF):** Protein: 32g Carbs: 12g Fat: 14g Cal: 302

Ingredients: Grilled Chicken, Green Beans, Garlic Parm Sauce, Parmesan, Spices

-Kung Pao Chicken Bowl (DF): Ingredients: chicken breast, basmati rice, bell peppers, carrots, kung pao sauce, peanuts, sesame seeds

size: **Weight Loss:** Protein: 26g Carbs: 32g Fat: 5g Cal: 277

size: **Muscle Gain:** Protein: 40g Carbs: 48g Fat: 8g Cal: 408

size: **Low Carb/Keto (GF):** Protein: 32g Carbs: 14g Fat: 10g Cal: 274

Ingredients: chicken breast, broccoli, bell peppers, carrots, kung pao sauce, peanuts, sesame seeds

-Taco Beef Bowl (GF):Ingredients: Ground Beef, Brown Rice, Spinach, Salsa, Cheddar Cheese, Taco Seasoning, and Fresh Cilantro

Size: **Weight Loss :** Protein: 25g Carbs: 25g Fat: 11g Cal: 299

Size: **Muscle Gain :** Protein: 40g Carbs: 40g Fat: 16g Cal: 464

Size: **Low Carb/Keto:** Protein: 36g Carbs: 12g Fat: 20g Calories: 372

Ingredients: Ground Beef, Spinach, Salsa, Cheddar Cheese, Taco Seasoning, and Fresh Cilantro

-Kickin Cajun Chicken Bowl(GF/DF): Ingredients:Shredded Chicken, Basmati Rice,Broccoli, Kickin Cajun Sauce

Size: **Weight Loss:** Protein: 28g Carbs: 32g Fat:3g Cal: 267

Size: **Muscle Gain:** Protein: 42g Carbs: 48g Fat: 6g Cal: 414

Size: **Low Carb/Keto (GF):** Protein: 32g Carbs: 10g Fat: 8g Cal: 240

Ingredients: Shredded Chicken, Broccoli and Kickin Cajun 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 Cal: 401

-Hibachi Grilled Skillet with Brown Rice (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 Cal: 434

-Buffalo Chicken Protein Pockets (Macros Per Pocket): Protein: 26 Carbs: 33 Fat: 7 Cal: 299

Ingredients: Shredded Chicken, Cheddar Cheese, Buffalo Sauce, Greek Yogurt, Flour, Side of Ranch

Lean & Green Entrees

-Shrimp and Sauteed Broccoli with Sweet Chili Sauce(DF/GF): Ingredients: Shrimp, Broccoli, Red Bell Peppers, Sweet Chili Sauce, Spices **Size: Lean & Green Protein:30g Carbs: 17g Fat: 8g Cal: 260**

-BBQ Shredded Beef Skillet (DF/GF): Ingredients: Slow-cooked Shredded Lean Steak, Carrots, Peas, Corn, BBQ Sauce, Spices **Size: Lean & Green Protein: 42g Carbs: 14g Fat: 16g Cal: 368**

-Parm Crusted Tilapia: Ingredients: Baked Tilapia, Squash, Zucchini, Parmesan, Garlic, Spices **Size: Lean & Green Protein: 30g Carbs: 17g Fat: 8g Cal: 260**

Wraps

-Taco Beef Wrap: Protein: 42g Carbs: 50g Fat: 20g Cal: 548

Ingredients: Ground Beef, Salsa, Fresh Cilantro, Cheddar Cheese, Tortilla Wrap and Taco Seasoning

-Kickin Cajun Chicken Wrap: Protein: 42g Carbs: 48g Fat:14g Cal: 486

Ingredients: Shredded Chicken, Tortilla Wrap, Cheddar Cheese, Kickin Cajun Sauce

-Garlic Parm Chicken Wrap: Protein: 41g Carbs: 50g Fat: 10g Cal: 454

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

-Sweet & Sour Chicken Wrap: Protein: 40g Carbs: 52g Fat: 14g Cal: 494

Ingredients: Roasted Chicken, Tortilla Wrap, Shredded Carrots, Onions, Red Pepper Flakes, Sweet and Sour Sauce

Snacks

-Salted Caramel Protein Donut: Protein: 18g Carbs: 24g Fat: 12g Cal: 276

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

-Red Velvet Protein Poppers: Protein: 24g Carbs: 17g Fat: 5g Cal: 205

Ingredients: High Protein Baking Mix, Whey Protein, Egg Whites, Coconut Oil, Red Velvet Flavoring, White Chocolate Chips, Cream Cheese Extract

-Pumpkin Cheesecake Protein Bar: Protein: 24g Carbs: 34g Fat: 8g Cal: 304

Ingredients: Sugar Free Baking Mix, Egg, Whey Protein, Sugar Free Pudding, Pumpkin Pie Spice, Sugar Free Frosting

-Blueberry Muffin Protein Bar: Protein: 20g Carbs: 24g Fat: 12g Cal: 284

Ingredients: Whole Grain Blueberry Baking Mix, Whey Protein, Eggs, Almond Milk and White Chocolate Chips

-Dark Chocolate Mint Keto Fudge (GF): Protein: 12g Carbs: 7g Fat: 28g Cal: 328

Ingredients: Coconut Oil, Whey Protein, Sugar Free Dark Chocolate, Keto Mint Chocolate Chips

-Double Chocolate Energy Bites: Protein: 15g Carbs: 34g Fat: 22g Cal: 394

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

Vegetarian/Vegan Menu Entrée

-Kung Pao Tofu Bowl (DF): Protein: 15g Carbs: 45g Fat: 8g Cal: 312

Ingredients: extra firm tofu, basmati rice, bell peppers, peanuts, Kung Pao sauce, spices

-Garlic Parm Chick Pea Bowl: Protein: 14g Carbs: 57g Fat: 4g Cal: 320

Ingredients: Chickpeas, Orzo, Green Beans, Garlic Parm Sauce, Parmesan, Spices

-Sweet & Sour Chick Pea Bowl (DF/GF): Protein: 19g Carbs: 59g Fat: 6g Cal: 366

Ingredients: Chick Peas, Basmati Rice, Broccoli, Sweet and Sour Sauce, Green Onion, Spices

-Lentil Stuffed Peppers (GF): Protein: 26g Carbs: 39g Fat: 14g Cal: 386

Ingredients: Lentils, Marinara, Parmesan Cheese, Spices, Mozzarella Cheese, Bell Peppers and Brown Rice

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 Cal: 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 Cal: 180

Ingredients: Almonds, Cinnamon, Spices

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

Ingredients: Almonds, Coconut Oil, Cocoa

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

Ingredients: Peanuts, Honey, Cinnamon

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

Pumpkin spice almonds, cinnamon, spices

