


BALANCED ATHLETE MENU - WEEK 4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	Scrambled eggs w/ Veggies & Cheese, Turkey Bacon & Potatoes Cal:521.7 P: 33.4 C: 50.9 F: 20.5 Fib:4.8	French Toast, Boiled Eggs, Fruit & Coconut Orange- Cran Dipping Sauce Cal: 643.4 P:32.2 C: 49 F: 35.4 Fib: 8.7	Pancakes w/ Eggs, Turkey Sausage & Protein Nut Spread (GBUTTER) Cal:590 P:36 C:46 F:30 Fib:2g	Egg Muffins with Canadian Bacon Cal:504 P:36.8 C:55.9 F:14.8 Fib:9.1	Chicken Enchilada Breakfast Burrito w/ Cilantro Aioli Cal: 610.8 P: 34.1 C: 53.8 F:28.8 Fib: 1.5
<b>LUNCH</b>	Turkey Breast, Green Plantain Mash & Beet Salad	Garlic Lime Pork w/ Brown Moro Rice & Kale	Pineapple Chicken, Yuca & Zucchini Gratin	Asian Spiced Turkey with Rice Noodles & Veggies	Tuna Steak, Asian Potato Pancakes w/ House Salad
<b>DINNER</b>	Grilled White Fish w/ Tomatillo Salsa, Lentils & Green Beans	Italian Turkey Ragout, Pasta, Brussel Sprouts w/ Eggplant	Beef Barbacoa, Quinoa & Coleslaw	Honey Balsamic Chicken w/ Cranbery Walnut Couscous & Asparagus	Jalapeno/Mango Chicken Burger w/ Plantains & Broccoli

Legend

Cal: Calories

P: Protein

C: Carbohydrates

F: Fat

Fib: Fiber

Disclaimer: Nutrient values are estimates only. Variations may occur due to product availability and food preparation.