

BALANCED MENU - WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Pancakes w/ Coconut Sauce, Canadian Bacon & Potatoes	Chicken Sausage Scramble over Cheddar Potato Hash	Potato Waffle Sandwich w/ Egg, Kale, Turkey Sausage & Sweet Dijon Aioli	Stuffed Breakfast Peppers & Sweet Potatoes	Paleo Donut w/ G-Butter Protein Glaze, Boiled Egg & Fruit
LUNCH	Cilantro Shrimp, Asparagus & Garbanzo Bean Salad	Ropa Vieja (Beef), Black Beans w/ Brown Rice & Kale	Hawaiian Chicken Salad w/ Raisin Couscous & Mixed Vegetables	Turkey Breast, Roasted Potatoes & Broccoli	Char Siu BBQ Pork, Veggie Fried Rice & Cauliflower Steaks
DINNER	Apple Bacon Chicken Burger w/ Tator Tots & Spinach Salad	Ground Turkey Pasta Bake w/ Cheese & Green Beans	Baked Tapenade White Fish, Feta Brown Rice & Veggie Sticks w/ Baba Ghanoush Dip	Chicken Marsala, Spaghetti & Garlic Broccolini	Turkey Pineapple Picadillo, Sweet Plantains & Yellow Squash Rounds

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.