



## BALANCED MENU - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Wheat Pancakes w/ Coconut Sauce, Pork Bacon & Eggs Cal: 288.5 P: 15.5 C: 35.7 F: 9.3 Fib: 3.2	Chicken Sausage Scramble & Potatoes w/ Spinach & Peppers Cal: 225.7 P: 11.5 C: 25.8 F: 8.5 Fib: 4	Savory Paleo Waffle w/ Egg, Spinach, Bacon & Sweet Dijon Sauce Cal: 305.6 P: 17.5 C: 26.5 F: 14.4 Fib: 7.4	Pepper Baked Egg w/ Green Onions & Turkey Bacon Cal: 336.5 P: 26.6 C: 27.6 F: 13.3 Fib: 2.25	Paleo Donut w/ G Butter Protein Pecan Glaze & Boiled Eggs & Shredded Potato Cal: 394.2 P: 23 C: 22.9 F: 23.4 Fib: 3.2
<b>LUNCH</b>	Cilantro Shrimp, Asparagus & Garbanzo Bean Salad Cal: 405.2 P: 40.4 C: 33.9 F: 12 Fib: 9.3	Ropa Vieja (beef) with Black Beans & Brown Rice & Kale Cal: 413 P: 37.1 C: 45.9 F: 9 Fib: 10	Hawaiian Chicken Salad w/ Raisin Couscous & Mixed Vegetables Cal: 421.9 P: 33.7 C: 41.4 F: 13.5 Fib: 1.4	Stuffed Turkey Breast, Garlic Roasted Potatoes & Steamed Broccoli Cal: 401.8 P: 34 C: 46.2 F: 9 Fib: 5.7	Char Siu BBQ Pork, Veggie Fried Rice & Cauliflower Steaks Cal: 413.6 P: 36.2 C: 44.7 F: 10 Fib: 7
<b>DINNER</b>	Apple Bacon Chicken Burger w/ Tator Tots & Spinach/Tomatoes Salad Cal: 462.8 P: 29.2 C: 50.6 F: 16 Fib: 6.9	Ground Turkey Pasta Bake w/ cheese & Green Beans Cal: 419.9 P: 35.4 C: 39.1 F: 13.5 Fib: 6	Baked Tapenade White Fish, Brown Rice & Zucchini Cal: 447.8 P: 34.5 C: 48.2 F: 13 Fib: 6.7	Chicken Marsala (Mushrooms), Spaghetti & Romano Veggies Cal: 405.9 P: 34.8 C: 45.3 F: 9.5 Fib: 4.8	Turkey Pineapple Picadillo, Sweet Plantains & Yellow Squash Rounds Cal: 365 P: 24.5 C: 37.5 F: 13 Fib: 1.9

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.