


BALANCED MENU - WEEK 2					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	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
LUNCH	Cilantro Shrimp, Asparagus & Garbanzo Bean Salad	Ropa Vieja (beef) with Black Beans & Brown Rice & Kale	Hawaiian Chicken Salad w/ Raisin Couscous & Mixed Vegetables	Stuffed Turkey Breast, Garlic Roasted Potatoes & Steamed Broccoli	Char Siu BBQ Pork, Veggie Fried Rice & Cauliflower Steaks
DINNER	Apple Bacon Chicken Burger w/ Tator Tots & Spinach/Tomatoes Salad	Ground Turkey Pasta Bake w/ cheese & Green Beans	Baked Tapenade White Fish, Brown Rice & Zucchini	Chicken Marsala (Mushrooms), Spaghetti & Veggies	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.