


BALANCED MENU - WEEK 3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Oatmeal w/ Almond Milk, Dried Fruit & Nuts	Greek Quinoa Breakfast Bowl	Chocolate Pancakes, Eggs & Berry Chia Marmelade	Egg Muffins & Veggie Cake	Waffles w/ G- Butter protein nut spread & Scrambled Eggs
LUNCH	Pesto Chicken, Italian Couscous & Grilled Zucchini	Shrimp Peanut Satay, Mango Brown Rice & Sauteed Veggies	Cranberry Turkey Breast, Alfredo Pasta & Kale Salad	Spinach Cilantro Beef Meatballs, Quinoa & Veggies	Chicken Piccata, Mashed Potatoes & Asparagus
DINNER	Turkey Meatloaf, Baked Potato & Green Beans	Grilled Pineapple Salsa Pork Loin w/ Yucca & Roasted Cabbage	Shredded BBQ Chicken, Polenta & Squash Gratin	Grilled Salmon, Avocado Carbonaro Penne Pasta & Broccoli	Turkey Stuffed Peppers, Brown Rice & Peas

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.