


BALANCED MENU - WEEK 3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Oatmeal w/ Almond Milk, Dried Fruit & Nuts Cal:311.5 P: 10.5 C: 32.5 F: 15.5 Fib:5	Greek Quinoa Breakfast Bowl Cal: 289.5 P:20.3 C:26.2 F: 11.5 Fib: 0.3	Chocolate Pancakes, Eggs, Turkey Sausage & Coco-Berry Sauce Cal:276.8 P:15.3 C:36.8 F:7.6 Fib:3.7	Egg Muffins, Veggie Cake & Turkey Bacon Cal:282.8 P:22.9 C:25.3 F:10 Fib:3	Waffles w/ G Butter protein nut spread & Scrambled Eggs Cal: 308.2 P: 20.4 C: 11.2 F:20.2 Fib: 3.3
LUNCH	Stuffed Pesto Chicken, Italian Couscous & Grilled Zucchini	Shrimp Peanut Satay, Mango Brown Rice & Sauteed Bok Choy	Cranberry Turkey Breast, Cheese Tortellini & Salad	Spinach Cilantro Beef Meatballs, Over Roasted Potatoes & Mixed 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, Brown Rice & Yellow 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.