


BALANCED MENU - WEEK 4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Veggie Scramble, Turkey Bacon & Potatoes	French Toast, Boiled Eggs w/ Coconut Orange- Cran Dipping Sauce	Lemon Pancakes w/ Turkey Sausage, Potato Muffin & Protein Nut Spread (GBUTTER)	Egg Muffins with Canadian Bacon & Brown Rice	Chicken Enchilada Breakfast Burrito w/ Cilantro Aioli
LUNCH	Turkey Breast, Green Plantain Mash & Beet Salad	Garlic Lime Pork w/ Brown Moro Rice & Kale	Pineapple Chicken, Yuca & Zucchini Gratin	Asian Spiced Turkey with Rice Noodles & Veggies	Tuna Steak, Asian Potato Pancakes w/ House Salad
DINNER	Grilled White Fish w/ Tomatillo Salsa, Lentils & Green Beans	Italian Turkey Ragout, Pasta, Brussel Sprouts w/ Eggplant	Beef Barbacoa, Quinoa & Coleslaw	Honey Balsamic Chicken w/ Cranberry Walnut Couscous & Asparagus	Jalapeno/Mango Chicken Burger w/ Plantains & Broccoli

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.