


BALANCED MENU - WEEK 4					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	Scrambled eggs w/ Veggies & Cheese, Turkey Bacon & Potatoes Cal:350.1 P: 24.7 C: 25.7 F: 16.5 Fib:2.5	French Toast, Boiled Eggs, Fruit & Coconut Orange- Cran Dipping Sauce Cal: 386.9 P:18.2 C:31.5 F: 20.9 Fib: 5.8	Pancakes w/ Eggs, Turkey Sausage & Protein Nut Spread (GBUTTER) Cal:325.9 P:14.7 C:28.3 F:17.1 Fib:3.3	Egg Muffins with Canadian Bacon & Brown Rice Cal:321.2 P:23 C:34.8 F:10 Fib:5.8	Chicken Enchilada Breakfast Burrito w/ Cilantro Aioli Cal: 338.4 P: 17.3 C: 28.6 F:17.2 Fib: 1.3
<b>LUNCH</b>	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
<b>DINNER</b>	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/ Cranbery 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.