


BALANCED MENU - WEEK 5					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Gluten Free Banana Waffles, Scrambled Eggs w/ Turkey Bacon & Coconut Blueberry Blueberry Sauce Cal:296.4 P: 13.9 C: 31.4 F: 12.8 Fib:4.5	Egg Muffins with Canadian Bacon and Breakfast Potatoes Cal: 289.10 P:23.7 C:27.2 F: 9.5 Fib: 2.3	Grilled Eggs w/ Hashbrowns Cups & Turkey Bacon Cal: 296.8 P: 16.4 C: 21.8 F:16 Fib: 1.6	Crustless Quiche w/ Turkey Sausage Patty Cal:349.5 P:26.3 C:21.7 F:17.5 Fib:1.7	G Butter Protein Muffins with Turkey Sausage & Potato Waffle Cal: 385.8 P: 13.2 C: 37.8 F:20.2 Fib: 4.8
LUNCH	Sundried Tomato Basil Chicken, Spaghetti & Broccoli	Stuffed Turkey Breast, Yucca Bites and Zucchini	Greek Chicken, Greek Salad and Quinoa	Ropa Vieja, Avocado Rice, Asparagus	Fish Ceviche w/ Sweet Potato
DINNER	Turkey Stuffed Potato Balls w/ Orange Kale	White Fish Cakes w/ Couscous & Garlic Snow Peas	Turkey Bacon Meatloaf, Green Beans & Polenta	Grilled Pork Loin, Sautéed Spinach and Garbanzos	Baked Chicken, Chimichurri Penne Salad w/ Cauliflower

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.