


BALANCED MENU - WEEK 7					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	SunButter Chia Jam Muffin w/ Turkey Sausage & Fruit Cal:348.5 P: 20 C: 30 F: 16.5 Fib:1.0	Mango Pancakes w/ Turkey Bacon, Eggs & Coconut Mango Lime Sauce Cal: 416.10 P:21.3 C:39.3 F: 19.3 Fib: 3.3	Egg Tortilla w/ Chicken & Sweet Plantain Hash Cal: 311 P: 25.6 C: 22.9 F:13 Fib: 1.1	Chocolate Waffles w/ Canadian Bacon & Berry Sauce Cal:311 P:14.8 C:32.6 F:13.5 Fib:4.8	Plantain Patty w/ Grilled Eggs & Salsa Cal: 305.2 P: 12.8 C: 33.8 F:13.2 Fib: 2.5
<b>LUNCH</b>	Ground Turkey Stuffed Russet Potato w/ House Salad	Baked Cilantro & Tomato Tapenade Shrimp w/ Asparagus & Couscous	Chicken Cordon Bleu w/ Mashed Potatoes & Cobb Salad	Pork Marsala, Orzo & Veggies	Turkey BBQ Bacon Burger, Sweet Plantains & Cabbage Salad
<b>DINNER</b>	Chicken Vieja w/ Yucca & Stewed Veggies	Teriyaki Beef Stir Fry w/ Brown Rice & Stir Fried Veggies	Turkey Breast w/ Protein Mac n' Cheese & Roasted Kale	Buffalo Chicken Penne Pasta w/ Broccoli	Baked Greek Fish w/ Garbanzos & Green Beans

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.