


BALANCED MENU - WEEK 8					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	Crustless Quiche w/ Potato & Turkey Sausage Cal:349.5 P: 26.3 C:21.7 F: 17.5 Fib:1.7	Greek Quinoa Breakfast Bowl Cal: 416.10 P:21.3 C:39.3 F: 19.3 Fib: 3.3	Egg & Cheese Breakfast Sandwich w/ Brussel Bacon Squash Hash Cal: 378.7 P: 21 C: 34.3 F:17.5 Fib: 6.8	Oatmeal w/ Almond Milk & Dried Fruit & Nuts Cal:311.5 P:10.5 C:32.5 F:15.5 Fib:5	French Toast w/ Canadian Bacon & Eggs Cal: 360.2 P: 17.5 C: 55 F:7.8 Fib: 1.0
<b>LUNCH</b>	Chicken Curry w/ Coconut Quinoa & Mixed Vegetables	Dijon Salmon w/ Mashed Potatoes & HX Energizing Salad	Ropa Vieja, Cilantro Brown Rice & Roasted Honey Carrots	Grilled Mango Chicken, Couscous & Green Beans	Lemon Parsley Turkey Breast w/ Penne, Corn and Zucchini
<b>DINNER</b>	Turkey Pineapple Picadillo, Sweet Plantains & Broccoli	Chicken Parmesan w/ Pesto Whole Wheat Spaghetti & Peas	Basil Shrimp w/ Pasta Salad & Asparagus	Cilantro Lime Pork Tacos w/ Salad	Pineapple Teriyaki Chicken, Sweet Couscous & Kale

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.