



## BALANCED ATHLETE MENU - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Wheat Pancakes w/ Coconut Sauce, Pork Bacon & Eggs Cal: 548.2 P: 26.6 C: 70.4 F: 17.8 Fib:6.4	Chicken Sausage Scramble & Potatoes w/ Spinach & Peppers Cal:562.3 P:28.2 C:59.5 F: 23.5 Fib:6.4	Savory Paleo Waffle w/ Egg, Spinach, Bacon & Sweet Dijon Sauce Cal:522.9 P:31.3 C:43.4 F:24.9 Fib:12.5	Pepper Baked Egg w/Green Onions & Turkey Bacon Cal:532.2 P:32.7 C:53.1 F:21 Fib:6.9	Paleo Donut w/ G Butter Protein Pecan Glaze & Boiled Eggs & Shredded Potato Cal: 606.9 P: 26.6 C: 55.6 F:30.9 Fib: 5.6
<b>LUNCH</b>	Cilantro Shrimp, Asparagus & Garbanzo Bean Salad Cal: 684 P:54 C:81 F:16 Fib: 5	Ropa Vieja (beef) with Black Beans & Brown Rice & Kale Cal: 664.4 P:65.2 C:76.2 F:11 Fib: 17.1	Hawaiian Chicken Salad w/ Raisin Couscous & Mixed Vegetables Cal:666 P:64.7 C:74.8 F:12 Fib:12.1	Stuffed Turkey Breast, Garlic Roasted Potatoes & Steamed Broccoli Cal: 606 P: 52.5 C:72 F:12 Fib: 8.3	Char Siu BBQ Pork, Veggie Fried Rice & Cauliflower Steaks Cal:666 P:64.7 C:74.8 F:12 Fib:12.1
<b>DINNER</b>	Apple Bacon Chicken Burger w/ Tator Tots & Spinach/Tomatoes Salad Cal: 631.8 P:49.7 C:52 F:25 Fib:2.0	Ground Turkey Pasta Bake w/ cheese & Green Beans Cal:681.4 P:56.2 C:62.4 F:23 Fib:9	Baked Tapenade White Fish, Brown Rice & Zucchini Cal:625.4 P:53.3 C:69.3 F:15 Fib:10.1	Chicken Marsala (Mushrooms), Spaghetti & Romano Veggies Cal:647 P:61 C:76 F:11 Fib:9.3	Turkey Pineapple Picadillo, Sweet Plantains & Yellow Squash Rounds Cal:631.4 P:43.1 C:72 F:19 Fib: 3.7

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.