


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	Ropa Vieja (beef) with Black Beans & Brown Rice & Kale	Hawaiian Chicken Salad w/ Raisin Couscous & Mixed Vegetables	Stuffed Turkey Breast, Garlic Roasted Potatoes & Steamed Broccoli	Char Siu BBQ Pork, Veggie Fried Rice & Cauliflower Steaks
<b>DINNER</b>	Apple Bacon Chicken Burger w/ Tator Tots & Spinach/Tomatoes Salad	Ground Turkey Pasta Bake w/ cheese & Green Beans	Baked Tapenade White Fish, Brown Rice & Zucchini	Chicken Marsala (Mushrooms), Spaghetti & Veggies	Turkey Pineapple Picadillo, Sweet Plantains & Yellow Squash Rounds

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.