


BALANCED ATHLETE MENU - WEEK 3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Oatmeal w/ Almond Milk, Dried Fruit & Nuts Cal:582.2 P: 19.4 C: 58.2 F: 30.2 Fib:8.9	Greek Quinoa Breakfast Bowl Cal: 517 P:34.3 C:52.2 F: 19 Fib: 0.25	Chocolate Pancakes, Eggs, Potatoes & Chia Marmelade Cal:523.5 P:26.1 C:72.6 F:14.3 Fib:7.4	Egg Muffins & Veggie Cakes Cal:478.8 P:39 C:44.7 F:16 Fib:4.2	Waffles w/ G Butter protein nut spread & Scrambled Eggs Cal: 541.8 P: 33.7 C: 30.2 F:31.8 Fib: 7.8
LUNCH	Stuffed Pesto Chicken, Italian Couscous & Grilled Zucchini	Shrimp Peanut Satay, Mango Brown Rice & Sauteed Bok Choy	Cranberry Turkey Breast, Cheese Tortellini & Salad	Spinach Cilantro Beef Meatballs, Over Roasted Potatoes & Mixed Veggies	Chicken Piccata, Mashed Potatoes & Asparagus
DINNER	Turkey Meatloaf, Baked Potato & Green Beans	Grilled Pineapple Salsa Pork Loin w/ Yucca & Roasted Cabbage	Shredded BBQ Chicken, Brown Rice & Yellow Squash Gratin	Grilled Salmon, Avocado Carbonaro Penne Pasta & Broccoli	Turkey Stuffed Peppers, Brown Rice & Peas

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.