


BALANCED ATHLETE MENU - WEEK 5					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	Vanilla Blueberry Protein Waffles, Turkey Bacon, Eggs & Coconut Cinnamon Sauce	Egg Muffins with Canadian Bacon and Breakfast Potatoes	Oatmeal w/ Nuts, Raisins & Almond Milk	Crustless Quiche w/ Turkey Sausage	G Butter Protein Gluten Free Muffins with Turkey Sausage
<b>LUNCH</b>	Sundried Tomato Basil Chicken, Spaghetti & Broccoli	Stuffed Turkey Breast, Yucca Bites and Zucchini	Greek Chicken, Greek Salad and Quinoa	Ropa Vieja, Avocado Rice, Asparagus	Fish Ceviche w/ Sweet Potato
<b>DINNER</b>	Turkey Stuffed Potato Balls w/ Orange Kale	White Fish Cakes w/ Couscous & Garlic Snow Peas	Turkey Bacon Meatloaf, Green Beans & Polenta	Grilled Pork Loin, Sautéed Spinach and Garbanzos	Baked Chicken, Chimichurri Penne Salad w/ Cauliflower

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.