


BALANCED ATHLETE MENU - WEEK 5					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	Gluten Free Banana Waffles, Scrambled Eggs w/ Turkey Bacon & Coconut Blueberry Blueberry Sauce Cal:475.60 P:25.2 C: 44.2 F: 22 Fib:6.4	Egg Muffins with Canadian Bacon and Breakfast Potatoes Cal: 489.10 P:36.9 C:53.4 F:14.3 Fib: 4.5	Grilled Eggs w/ Hashbrowns Cups & Turkey Bacon Cal:427.7 P: 23.6 C: 32.7 F:22.5 Fib: 2.4	Crustless Quiche w/ Turkey Sausage Patty Cal:514.6 P 36.1 C:40.8 F:23 Fib:3.4	G Butter Protein Muffins with Turkey Sausage & Potato Waffle Cal: 559.7 P:21.7 C: 61.3 F:25.3 Fib: 7.8
<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.