


BALANCED ATHLETE MENU - WEEK 6					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Waffle Breakfast Sandwich w/ Canadian Bacon & Cheese	Eggs w/ Mashed Green Plantain, Turkey Bacon & Salsa	Pancakes w/ Coconut Berry Sauce, Eggs, Turkey Bacon & Potatoes	Scotch Eggs w/ Dijon Honey Aioli	Blueberry Muffins w/ Turkey Sausage & Fruit
LUNCH	Tuna Burger w/ Wasabi Slaw, Sweet Potato Tots & Cilantro Aioli	Cumin Crusted Pork w/ Roasted Root Veggies, Sweet Potato & Black Beans	Thanksgiving Stuffing Beef Meatballs, Mashed Potatoes & Green Beans	Tandoori Chicken w/ Yucca Fries & Veggies	Turkey Picadillo Plantain Boat w/ Queso Fresco Sauce & Chili Roasted Broccoli
DINNER	Turkey Shepherds Pie w/ Veggies	Chicken Milanese w/ Quinoa & Broccoli	Baked Pesto Fish, Couscous & Asparagus	Turkey Bolognese over Wheat Spaghetti & Zucchini	Apple & Onion Chicken w/ Eggplant Polenta & Lime Cabbage

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.