


| BALANCED ATHLETE MENU - WEEK 7 | | | | | |
|--|--|---|--|---|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  BREAKFAST | SunButter Chia Jam Muffin w/ Turkey Sausage & Fruit Cal:556 P: 27 C: 58 F: 24 Fib:2.0 | Mango Pancakes w/ Turkey Bacon, Eggs & Coconut Mango Lime Sauce Cal: 663.4 P:26.5 C:78.6 F: 27 Fib: 6.6 | Egg Tortilla w/ Chicken & Sweet Plantain Hash Cal: 642.4 P:52.3 C: 45.3 F:28 Fib: 2.3 | Chocolate Waffles w/ Canadian Bacon & Berry Sauce Cal:517.2 P:32.5 C:42.8 F:24 Fib:4.8 | Plantain Patty w/ Grilled Eggs & Salsa Cal: 481.1 P: 20.1 C: 50 F:22.3 Fib: 3.5 |
| LUNCH | Ground Turkey Stuffed Russet Potato w/ House Salad | Baked Cilantro & Tomato Tapenade Shrimp w/ Asparagus & Couscous | Chicken Cordon Bleu w/ Mashed Potatoes & Cobb Salad | Pork Marsala, Orzo & Veggies | Turkey BBQ Bacon Burger, Sweet Plantains & Cabbage Salad |
| DINNER | Chicken Vieja w/ Yucca & Stewed Veggies | Teriyaki Beef Stir Fry w/ Brown Rice & Stir Fried Veggies | Turkey Breast w/ Protein Mac n' Cheese & Roasted Kale | Buffalo Chicken Penne Pasta w/ Broccoli | Baked Greek Fish w/ Garbanzos & Green Beans |

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.