


BALANCED ATHLETE MENU - WEEK 8					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	Crustless Quiche w/ Potato & Turkey Sausage Cal:514.6 P: 36.1 C:40.8 F: 23 Fib:3.4	Greek Quinoa Breakfast Bowl Cal: 510 P:34 C:34 F: 26 Fib: 5	Egg & Cheese Breakfast Sandwich w/ Brussel Bacon Squash Hash Cal: 621 P: 34 C: 65 F:25 Fib: 12	Oatmeal w/ Almond Milk & Dried Fruit & Nuts Cal:582.2 P:19.4 C:58.2 F:30.2 Fib:8.9	French Toast w/ Canadian Bacon & Eggs Cal: 508.5 P: 34 C: 56 F:16.5 Fib: 1.0
<b>LUNCH</b>	Chicken Curry w/ Coconut Quinoa & Mixed Vegetables	Dijon Salmon w/ Mashed Potatoes & HX Energizing Salad	Ropa Vieja, Cilantro Brown Rice & Roasted Honey Carrots	Grilled Mango Chicken, Couscous & Green Beans	Lemon Parsley Turkey Breast w/ Penne, Corn and Zucchini
<b>DINNER</b>	Turkey Pineapple Picadillo, Sweet Plantains & Broccoli	Chicken Parmesan w/ Pesto Whole Wheat Spaghetti & Peas	Basil Shrimp w/ Pasta Salad & Asparagus	Cilantro Lime Pork Tacos w/ Salad	Pineapple Teriyaki Chicken, Sweet Couscous & Kale

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.