


| BALANCED ATHLETE MENU - WEEK 1 | | | | | |
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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  BREAKFAST | French Toast, Mango Sauce, Turkey Sausage & Eggs | Grilled Egg over Potato Bacon & Kale Hash | Vanilla Blueberry Protein Waffles w/ Turkey Sausage | Canadian Bacon Egg Muffins w/ Sweet Plantains | Veggie Omelet w/ Turkey Sausage & Potato Waffle |
| LUNCH | Turkey Ragu w/ Couscous & Broccoli | Fruit & Onion Pork, Potato Pancakes & Asparagus w/ Peas | BBQ Cranberry Salmon, Cilantro Yucca & Colorful Salad | Orange Chicken, Garbanzos & Sautéed Veggies | Beef Cheese Burger w/ Carmelized Onions, Zucchini Fries & Orange Kale |
| DINNER | Baked Curry Fish w/ Coconut Quinoa & Veggies | Chicken Fajitas w/ Mexican Brown Rice & Black Beans | Brown Sugar Glazed Turkey Meatballs, Roasted Red Potatoes, Steamed Cabbage & Carrots | Apricot Turkey Breast, Polenta & Green Beans | Basil Marinara Chicken over Penne Pasta & Broccoli |

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.