



BALANCED ATHLETE MENU - WEEK 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fruit & Nut Oatmeal w/ Almond Milk	Chia Flax Pancakes, Potato Muffin & Canadian Bacon	Breakfast Burrito w/ Cilantro Aioli	Eggs, Sweet Potato, Turkey Bacon	Banana Walnut Waffles, Turkey Sausage and Eggs
LUNCH	Honey Sriracha Turkey Breast, Couscous & Asparagus	Lemon Cayenne Mahi, Mashed Red Potatoes & Brussel Sprouts	Garlic Lime Pork, Plantain Patty w/ Salsa & Kale	Caribbean Chicken, Jicama Slaw & Yucca Fries w/ Curry Mayo	Spicy Kung Pao Chicken Meatballs w/ Brown Rice & Cauliflower Egg Salad
DINNER	Creamy Spinach Bacon Mushroom Chicken w/ Orzo Pasta, Peas & Parmesan Cheese	Turkey Boston Chili with Spaghetti	Ginger Soy Beef Brisket w/ Stir Fry Veggies & Quinoa	Thai Turkey Burger, Tots & Cauliflower	Fish Cakes w/ Couscous & 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.