



BALANCED ATHLETE MENU - WEEK 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fruit & Nut Oatmeal w/ Almond Milk Cal: 582.2 P: 19.4 C: 58.2 F: 30.2 Fib: 8.9	Chia Flax Pancakes, Potato Muffin, Eggs & Canadian Bacon Cal: 593.3 P: 26.1 C: 65.3 F: 25.3 Fib: 5.4	Breakfast Burrito w/ Cilantro Aioli Cal: 610.8 P: 34.1 C: 53.8 F: 28.8 Fib: 1.5	Eggs, Sweet Potato, Turkey Bacon Cal: 385 P: 23.5 C: 43.5 F: 13 Fib: 7.5	Banana Walnut Waffles, Turkey Sausage and Eggs Cal: 579.7 P: 32.6 C: 33.8 F: 34.9 Fib: 13
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.