


BALANCED ATHLETE MENU - WEEK 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	French Toast, Mango Sauce, Turkey Sausage & Eggs <b>Cal:</b> 664.4 <b>P:</b> 27 <b>C:</b> 78.7 <b>F:</b> 26.8 <b>Fib:</b> 7.2	Fried Egg, Paprika Sweet Potato, & Turkey Cubed Potato <b>Cal:</b> 506.2 <b>P:</b> 25.4 <b>C:</b> 67.4 <b>F:</b> 15 <b>Fib:</b> 4.5	Waffles w/ Coconut Sauce, Turkey Bacon & Scrambled Eggs <b>Cal:</b> 481.2 <b>P:</b> 25.4 <b>C:</b> 45.4 <b>F:</b> 22 <b>Fib:</b> 5.8	Canadian Pork Bacon Egg Muffins w/ Sweet Plantains <b>Cal:</b> 517.3 <b>P:</b> 34.4 <b>C:</b> 51.5 <b>F:</b> 19.3 <b>Fib:</b> 2.9	Egg Omelet w/ Chicken, Sundried Tomatoes, Mushrooms & Onions <b>Cal:</b> 336.5 <b>P:</b> 26.6 <b>C:</b> 27.6 <b>F:</b> 13.3 <b>Fib:</b> 2.25
<b>LUNCH</b>	Turkey Picadillo w/ Mushrooms, Succotash, & Couscous	Fruit & Onion Pork, Potato Pancakes, Asparagus & Peas	BBQ Cranberry Salmon, Cilantro Yucca & Colorful Salad	Orange Chicken, Garbanzos & Sautéed Veggies	Beef Cheese Burger w/ Carmelized Onions, Tator Tots & Fresh Salad
<b>DINNER</b>	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	Turkey Breast, Polenta & Green Beans	Marinara Chicken over Penne Pasta & Artichoke Hearts

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.