


BALANCED ATHLETE MENU - WEEK 9						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <b>BREAKFAST</b>	Egg Muffins w/ Turkey Bacon & Rosemary Potatoes Cal:580.8 P: 38.7 C:48.9 F: 25.6 Fib: 4.8	Banana Oatmeal Muffins w/ Turkey Sausage & Eggs Cal:664.4 P:27 C:78.7 F: 26.8 Fib: 7.2	Veggie Omelet w/ Cheddar Breakfast Hashbrowns Cal: 515.8 P: 28.9 C: 57.3 F:19 Fib: 6.4	Quinoa Oatmeal Cal:584.7 P:34.3 C:52.7 F:26.3 Fib:4.9	Baked Yucca and Egg Cups w/ Sauteed Kale Cal: 579.6 P: 21.1 C: 69.8 F:24 Fib: 7.3	
	<b>LUNCH</b>	Asian Turkey Lettuce Wraps w/ Moroccan Couscous	Cranberry Apple & Spinach Chicken w/ Penne Alfredo & Veggies	Chicken Bibimbap Rice Bowl	BBQ Pulled Pork, Coconut Coleslaw & Baked Sweet Plantains	Balsamic Honey Glazed Salmon w/ Sweet Potato Salad & Mixed Veggies
		<b>DINNER</b>	Turkey Breast w/ Potatoes Pancakes & Peas	Balsamic Tomatoes & Onion Baked Fish w/ Lentil Quinoa Salad & Green Beans	Greek Beef Burger w/ Orzo Pasta Salad & Asparagus	Turkey Meatballs & Marinara over Wheat Pasta & Zucchini

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.