


BALANCED MENU - WEEK 1					
	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.