


BALANCED MENU - WEEK 10					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>BREAKFAST</b>	Egg Omelet, Shredded Chicken w Veggies Cal:342.8 P: 23.8 C:25.9 F: 16 Fib:3.9	Baked Egg & Pepper Cups w/ Turkey Bacon & Potatoes Cal: 346.3 P:14.7 C:39.7 F: 14.3 Fib: 3.6	Lemon Chia Pancakes, Canadian Bacon, Egg & Hashbrowns Cal: 356.1 P:20.8 C: 50 F:8.1 Fib: 2.7	Grilled Egg over Plantain Patty & Pico de Gallo Cal:305.2 P:12.8 C:33.8 F:13.2 Fib:2.5	Chocolate Chip Waffles, Turkey Sausage & Coconut Blueberry Sauce Cal: 384.1 P: 18.1 C: 30.9 F:20.9 Fib: 6.1
<b>LUNCH</b>	Chicken Curry Salad, Paprika Potatoes, Stuffed Zucchini	Pork Loin, Garbanzos & Veggies	Grilled Chicken, Quinoa & Grilled Veggies	Chimichurri Churrasco with Peppers, Onions & Sweet Plantains	Shrimp Picatta with Green Beans & Linguine
<b>DINNER</b>	Grilled Fish, Sautéed Spinach & Couscous	Cilantro Lime Chicken, Yucca Arepas, Asparagus & Cilantro Aioli	Swedish Turkey Meatballs, Mashed Potatoes & Broccoli	Chicken Pad Thai w/ Rice Noodles & Veggies	Mexican Turkey Picadillo Bowl w/ Brown Rice & Squash

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.

Consuming raw or undercooked proteins may increase your risk of foodborne illness, especially if you have a medical condition.