

| BALANCED MENU - WEEK 11 | | | | | |
|--|---|---|--|--|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  BREAKFAST | Fruit & Nut Oatmeal w/ Almond Milk | Chia Flax Pancakes, Potato Muffin & Canadian Bacon | Breakfast Burrito w/ Cilantro Aioli | Eggs, Sweet Potato, Turkey Bacon | Banana Walnut Waffles, Turkey Sausage and Eggs |
| 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.