


BALANCED MENU - WEEK 11					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Fruit & Nut Oatmeal w/ Almond Milk Cal: 316.2 P: 8.7 C: 34.8 F: 15.8 Fib: 7.8	Chia Flax Pancakes, Potato Muffin, Eggs & Canadian Bacon Cal: 288.5 P: 15.9 C: 38.6 F: 14.3 Fib: 3.1	Breakfast Burrito w/ Cilantro Aioli Cal: 338.4 P: 17.3 C: 28.6 F: 17.2 Fib: 1.3	Eggs, Sweet Potato, Turkey Bacon Cal: 385 P: 23.5 C: 43.5 F: 13 Fib: 7.5	Banana Walnut Waffles, Turkey Sausage and Eggs Cal: 354.5 P: 23.2 C: 13 F: 23 Fib: 6.3
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.