


BALANCED MENU - WEEK 1					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	French Toast, Mango Sauce, Turkey Sausage & Eggs Cal: 296.3 P: 15.9 C: 33.2 F: 11.1 Fib:3.5	Grilled Egg, Paprika Sweet Potato, & Turkey Bacon Cal: 306.7 P:16 C:35.9 F: 11 Fib:1.7	Waffles w/ Coconut Sauce, Turkey Bacon & Scrambled Eggs Cal:300.4 P:17.6 C:23.3 F:15.2 Fib:5	Canadian Pork Bacon Egg Muffins w/ Sweet Plantains Cal:302.8 P:22.4 C:26.3 F:12 Fib:1.4	Egg Omelet w/ Chicken, Sundried Tomatoes, Mushrooms & Onions Cal: 336.5 P: 26.6 C: 27.6 F:13.3 Fib: 2.25
LUNCH	Turkey Picadillo w/ Mushrooms, Succotash, & Couscous	Fruit & Onion Pork, Potato Pancakes, Asparagus & Peas	BBQ Cranberry Salmon, Cilantro Yucca & Colorful Salad	Orange Chicken, Garbanzos & Sautéed Veggies	Beef Cheese Burger w/ Carmelized Onions, Tator Tots & Fresh Salad
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	Turkey Breast, Polenta & Green Beans	Marinara Chicken over Penne Pasta & Artichoke Hearts

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.