


BALANCED MENU - WEEK 9					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 BREAKFAST	Egg Muffins w/ Turkey Bacon & Rosemary Potatoes Cal:359.7 P: 22.3 C:23.5 F: 19.6 Fib:2.6	Banana Oatmeal Muffins w/ Turkey Sausage & Eggs Cal: 346.3 P:14.7 C:39.7 F: 14.3 Fib: 3.6	Veggie Omelet w/ Cheddar Breakfast Hashbrowns Cal: 318.2 P: 19.2 C: 31.1 F:13 Fib: 4.1	Quinoa Oatmeal Cal:316.3 P:15.7 C:34.8 F:12.7 Fib:3.3	Baked Yucca and Egg Cups w/ Sauteed Kale Cal: 363.6 P: 10.1 C: 49.3 F:14 Fib: 4.8
LUNCH	Asian Turkey Lettuce Wraps w/ Moroccan Couscous	Cranberry Apple & Spinach Chicken w/ Penne Alfredo & Veggies	Chicken Bibimbap Brown Rice Bowl	BBQ Pulled Pork, Coconut Coleslaw & Baked Sweet Plantains	Balsamic Honey Glazed Salmon w/ Sweet Potato Salad & Mixed Veggies
DINNER	Turkey Breast w/ Potatoes Pancakes & Peas	Balsamic Tomatoes & Onion Baked Fish w/ Lentil Quinoa Salad & Green Beans	Greek Beef Burger w/ Orzo Pasta Salad & Asparagus	Turkey Meatballs & Marinara over Wheat Pasta & Zucchini	Spicy Spinach Chicken w/ Couscous & Broccoli Apple Almond Salad

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.