

BALANCED MENU - WEEK 9					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Egg Muffins w/ Turkey Bacon & Rosemary Potatoes	Banana Oatmeal Muffins w/ Turkey Sausage & Eggs	Veggie Omelet w/ Cheddar Breakfast Hashbrowns	Quinoa Oatmeal	Baked Yucca and Egg Cups w/ Sauteed Kale
<b>LUNCH</b>	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
<b>DINNER</b>	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.