

# Balance For Life SAMPLE MENU

B  
r  
e  
a  
k  
f  
a  
s  
t  
  
A  
M  
  
S  
n  
a  
c  
k  
  
L  
u  
n  
c  
h  
  
D  
i  
n  
n  
e  
r  
  
P  
M  
  
S  
n  
a  
c  
k

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Egg Tortilla (mushroom, black beans, corn, cheese, salsa) or Oatmeal w/ Turkey Pastrami & Strawberries	Roasted Turkey, Tomato, Swiss Cheese Omelet  Or Granola w/ Cottage Cheese & Dried Fruit	Spinach & Cheddar Frittata  Or Yogurt & Berry Smoothie	Corned Beef w/ Egg Whites & Sliced Tomato  Or French Toast w/ Blackberry Preserves & Cream Cheese	Chocolate Ricotta Crapes  Or Country Omelet (Onions, Peppers, & Mushrooms)	Eggs Benedict  Or Whitefish Salad w/ Whole Wheat Bagel, red onion & Tomato	Ratatouille & Goat Cheese Omelet  Or Strawberry Pancakes w/ Turkey
Chicken Fried Rice  Or Vanilla Fig Muffin	Blueberry Cheesecake  Or Pork Egg Foo Young	Oatmeal Cookie  Or Curried Scallops w/ Red Potato Chutney	Salmon Stir-Fry w/ Oriental Veggies  Or Raspberry Bread Pudding	BBQ Chicken w/ Baked Beans  Or Seafood Cake w/ Passion Fruit Aioli	Vanilla Cheesecake w/ Strawberry Sauce  Or Beef Tenderloin, Broccoli & Cashew Stirfry	Chocolate Mint Pudding  Or Apricot & String Cheese
Chicken Salad Wrap w/ Fresh Strawberries  Or Boca Burger w/ Red Pepper Relish & Three-bean Salad	Poached Salmon & Asparagus Salad w/ Curry Dressing  Or Turkey, avocado & Red Potato Salad over sliced Tomato	Shrimp Salad Caesar  Or Turkey, Canadian bacon (pork), Swiss Cheese, 1000 Island, Tomato on Wrap	Cajun Greek Chicken Salad  Or Southwest Tofu Salad (beans, salsa, avocado, pepperjack cheese)	Turkey Salad (feta, cilantro, hot peppers, tomatoes, scallions & olives)  Or Tuna Cheddar Salad Wrap	Curry Chicken w/ Basil & Apple Salad over Baby Greens  Or Mandarin Orange Scallop Salad w/ Broccoli, Chestnuts Cilantro & Tomato	Turkey Club Wrap w/ Asparagus Salad  Or Chicken Caesar Wrap
Mongolian Beef & Scallions w/ Brown Rice & Broccoli  Or Chicken Florentine w/ sauteed Spinach & Swiss Lorraine Cheese	Roast Turkey Breast w/ roasted Vegetables  Or Shrimp and mussels marinara w/ Spinach Fettuccini	Beef Brisket Dinner with Green Bean Almandine & Sweet Potato  Or Jerk-spiced Salmon w/ Tropical Fruit Salsa	Turkey Tenderloins w/ Mashed Butternut Squash  Or Seared whitefish Oscar (crab, asparagus & hollandaise)	Swordfish Enchilada w/ refried Beans & Tomatillo Salsa  Or Pork Dijonaise w/ Steamed Vegetable Medley	Chicken Cordon Bleu Sweet Potato Mash & Broccoli  Or Grouper Oreganato with sauteed kale	BBQ Turkey Chop w/ Parsley Red Potatoes & French Beans  Or Tuna Creole w/ Peppers, Onions & Tomatoes
Tuna Salad w/ marinated Cucumber & Tomato Salad  Or Oatmeal Cookie	Tebouleh Salad w/ Chicken  Or Vanilla Bread Pudding	Lemon Nut Bar  Or Granola Cottage Cheese	Poached Pears w/ Ricotta Cheese  Or Cranberry Mint Muffin	Plum & String Cheese  Or Roasted Chicken Figs & Cashews	Lemon Poppy Muffin  Or Shrimp Scampi w/ Brown Rice	Oatmeal Cookie  Or Chicken, Green Beans & Cheddar