

GYMRAT - April 2021

| GYMRAT - April 2021 | | | | | | |
|---------------------|---|---|--|---|--|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | Menu #3 | | | Menu #4 | | |
| | 29-Mar | 30-Mar | 31-Mar | 1 | 2 | 3 |
| Breakfast | Spinach, Garlic, Paprika, Vegetable & Turkey Bacon Egg White Bake - 226 Calories, 9g C 25g P, 10g F | Peach Pancakes w/ Pears - 210 Calories, 41g C, 10g P, 3g F, 390mg Sodium | Egg White Bake w Ham & Peppers & Country Sweet Potatoes - 258 Calories, 24g C, 26g P, 7g F | Mango Pancakes w/ Papaya - 220 Calories, 41g C, 10g P, 3g F, 400mg Sodium | Turkey Sausage, Spinach, Garlic and Mushroom Egg Bake with Oregano - 153 Calories, 3g C, 24g P, 3g F | Quinoa, Apples, Walnuts, Honey & Cinnamon - 130 Calories, 17g C, 3g P, 6g F |
| AM Snack | Pineapple Almond Muffin - 130 Calories, 14g C, 10g P, 3.5g F, 95mg Sodium | Egg whites & Oatmeal w/ Cranberries - 181 Calories, 27g C, 14g P, 2g F | Steel Cut Oats w Honey, Cranberries & Pecans - 195 Calories, 31g C, 7g P, 5g F | Melon with Oatmeal, Honey & Cinnamon - 156 Calories, 25g C, 3g P, 6g F | Apricot & Macadamia Muffin - 140 Calories, 14g C, 10g P, 5g F, 95mg | Pumpkin Bite |
| Lunch | Turkey Meatballs w Roasted Bell Peppers, Zucchini and Mashed Sweet Potatoes - 315 Calories, 23g C, 22g P, 15g F | Chicken Breast, Summer Vegetables & Quinoa - 316 Calories, 21g C, 27g P, 13g F | Turkey Vegetable Chili w NO Beans - 253 Calories, 11g C, 21g P, 15g F | Grilled Chicken with Beets, Green Beans, Oranges and Citrus Dressing - 257 Calories, 17g C, 26g P, 9g F | Turkey, Broccoli, Cauliflower, Bell Peppers, Wild Rice, Grilled Tomatoes - 326 Calories, 28g C, 26g P, 14g F | Shredded Cancun Pork, Black Beans & Cabbage & Mango Salsa - 389 Calories, 42g C, 29g P, 13g F |
| PM Snack | Power Bites (Peanut Butter Balls) - 150 Calories, 18g C, 4g P, 8g F | Cubed Apple w/ Greek Yogurt & Honey - 155 Calories, 25g C, 12g P, 1g F | Quinoa with Turkey, Peppers, Lemon and Cucumbers - 172 Calories, 15g C, 14g P, 6g F | Power Bites - 150 Calories, 18g C, 4g P, 8g F | Baked Chicken Avocado Spring Roll 166 Calories, 12g C, 12g P, 7g F | Ground Turkey with Cucumber, Radish, Carrots & Mint - 132 Calories, 2g C, 16g P, 7g F |
| Dinner | Salmon with Pistachios & Coconut Oil w Grilled Zucchini, Brown Rice & Chipotle Chili Pepper - 342 Calories, 25g C, 23g P, 16g F | Shredded Pork w Pico di Gallo, Brown Rice, Fajita Peppers and Onions with Avocado - 363 Calories, 32g C, 25g P, 15g F | Steak & Chimichurri w Brussels Sprouts & Mashed Sweet Potato - 362 Calories, 26g C, 24g P, 19g F | Shrimp with Cauliflower Mash, Avocado & Cubed Red Potatoes - 373 Calories, 27g C, 24g P, 20g F | Braised Chicken Breast Stew with Fennel, Onions, Tomatoes and Brown Rice - 315 Calories, 36g C, 26g P, 8g F | Grilled Tri Tip with Roasted Parsnips and Butternut Squash Mash w Caramelized Onions - 337 Calories, 29g C, 21g P, 16g F |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 5 | 6 | 7 | 8 | 9 | 10 |
| Breakfast | Egg Whites, Chicken Sausage, and Asparagus with Roasted Peppers, Paprika - 180 Calories, 5g C, 28g P, 5g F | Pecan Oatmeal Johnny Cakes - 243 Calories, 20g C, 25g P, 6g F | Steel Cut Oats with Honey, Pears, Walnuts & Cinnamon - 226 Calories, 34g C, 7g P, 7g F | Turkey and Egg Scramble with Mango Compote - 205 Calories, 14g C, 26g P, 5g F | Oatmeal and Egg White, Chicken Cranberry Sausage with Strawberry Compote - 188 Calories, 22g C, 10g P, 7g F | Egg Whites, Country Potatoes, and Summer Squash - 213 Calories, 24g C, 18g P, 5g F |
| AM Snack | Cucumber Boats w/ hummus & Chicken Breast - 99 Calories, 5g C, 15g P, 2g F | Grilled Chicken with Tomatoes and Balsamic - 144 Calories, 6g C, 18g P, 4g F | Strawberry and Walnut Power Muffin - 120 Calories, 13g C, 9g P, 4g F, 80mg Sodium | Plum and Walnut Muffin - 130 Calories, 14g C, 9g P, 4g F, 90mg Sodium | Pumpkin Pancakes - 132 Calories, 22g C, 8g P, 2g F | Roasted Red Bell Pepper w/ Spinach Hummus & Ground Turkey - 160 Calories, 9g C, 14g P, 8g F |
| Lunch | Green Salad with Blackened Chicken, Wild Rice, Cucumber, Avocado, Mango and Lemon Juice - 334 Calories, 36g C, 28g P, 10g F | Turkey Meat Sauce w Spaghetti Squash & Rosemary Red Potatoes - 260 Calories, 14g C, 19g P, 15g F | Chicken Jambalaya & Brown Rice - 315 Calories, 33g C, 27g P, 8g F | Grilled Chicken Salad w/ Pears, Dried Cranberries, Arugula, Wild Rice, and Vinaigrette - 310 Calories, 35g C, 27g P, 8g F, 190mg Sodium | Turkey Chili w/ Kidney Beans - 292 Calories, 31g C, 25g P, 9g F | Chipotle Chicken Rice Bowl, Black Beans, Zucchini, Avocado, Salsa - 376 Calories, 44g C, 28g P, 10g F |
| PM Snack | Power Bites - 150 Calories, 18g C, 4g P, 8g F | Pumpkin Bite - 190 Calories, 24g C, 4g P, 9g F | Deviled Eggs with Hummus - 164 Calories, 19g C, 13g P, 4g F | Power Bites - 150 Calories, 18g C, 4g P, 8g F | Buffalo Chicken and Veggies - 168 Calories, 4g C, 22g P, 6g F | Beet Salad w Smoked Chicken - 173 Calories, 21g C, 11g P, 6g F |
| Dinner | Tri Tip with Sweet Potato Fries, & Blackened Cauliflower - 283 Calories, 21g C, 21g P, 13g F | Curried Cauliflower with Garbanzos & Coconut Chicken - 290 Calories, 28g C, 31g P, 5g F | Stewed Pork w Spanish Brown Rice and Pico di Gallo - 326 Calories, 41g C, 25g P, 9g F | Salmon Piccata, Cauliflower Mash, Broccolini & Brown Rice - 334 Calories, 34g C, 24g P, 12g F | Tri Tip, Sweet Potatoes, Green Beans, Ginger Sauce - 358 Calories, 29g C, 28g P, 14g F | Turkey and Wild Rice with Portobello Mushroom Slices & Feta - 345 Calories, 25g C, 26g P, 16g F |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | Menu #7 | | | | Menu #8 | |
| | 12 | 13 | 14 | 15 | 16 | 17 |
| Breakfast | Blackberry Oatmeal Johnny Cakes - 190 Calories, 35g C, 10g P, 3g F, 390mg Sodium | Ham, Sweet Potato Mash, Cinnamon - 195 Calories, 17g P, 18g C, 6g F | Maple Oatmeal, Apples, and Cinnamon – sugar free maple flavored syrup - 125 Calories, 24g C, 4g P, 2g F | Asparagus, Ground Turkey, paprika, black pepper and Red Onion Bake with Strawberry Compote - 243 Calories, 17g C, 28g P, 8g F | Oatmeal Johnny Cakes with Berry Sauce and Turkey Sausage - 226 Calories, 21g C, 20g P, 7g F | Egg White Bake with Roasted Chicken Breast, Onion, Garlic & Basil - 196 Calories, 9g C, 33g P, 2g F |
| AM Snack | Deville Eggs w/ Hummus - 164 Calories, 19g C, 13g P, 4g F | Cherries & Pecan Muffin - 130 Calories, 16g C, 9g P, 3.5g F, 90mg Sodium | Baked Pear w/ Peanut Butter- | Peach and Almond Muffin - 120 Calories, 13g C, 9g P, 4g F, 80mg Sodium | Power Bites - 150 Calories, 18g C, 4g P, 8g F | Steel Cut Oats w/ Honey & Strawberry Compote - 193 Calories, 35g C, 7g P, 3g F |
| Lunch | Grilled Chicken & Lentil Salad - 354 Calories, 29g C, 32g P, 12g F | Asian Seasoning Chicken, Green beans, Brown Rice - 350 Calories, 16g C, 30g P, 18g F | Mexican Turkey and Black Beans with Tomatoes and Peppers - 334 Calories, 27g C, 28g P, 13g F | Mixed Greens/Spinach Salad with Chicken, Egg, Tomatoes, Pumpkin Seeds, Cucumbers and Pickled Red Onion - 285 Calories, 19g C, 29g P, 11g F | Ground Turkey Tacos, Corn Tortilla, Cabbage, Cilantro, Pico, Avocado - 367 Calories, 31g C, 24g P, 18g F | Grilled Chicken Bowl, Black Beans, Onions, Bell Peppers, Pico & Ajillo Chile Sauce - 354 Calories, 30g C, 31g P, 12g F |
| PM Snack | Turkey Chili with Beans - 222 Calories, 18g C, 20g P, 8g F | Mozzarella, Tomato, Basil & Balsamic Syrup - 138 Calories, 7g C, 11g P, 7g F | Power Bites - 150 Calories, 18g C, 4g P, 8g F | Cucumber & Lentil Salad w/ Mint, Red Onions and Ground Turkey - 192 Calories, 13g C, 21g P, 7g F | Baked Pear, Pecan Butter & Cinnamon - 152 Calories, 18g C, 2g P, 10g F | Pumpkin Bite - 190 Calories, 24g C, 4g P, 9g F |
| Dinner | Grilled Cod with white wine vin, fat f half & half, shallots & Brown Rice, Stewed Tomatoes - 353 Calories, 33g C, 22g P, 15g F | Cajun Shrimp, Peppers, Red Potatoes, Spaghetti Squash, Green Onion, Pineapple Salsa - 326 Calories, 34g C, 23g P, 11g F | Chicken Thighs w Stew Tomatoes, Quinoa w Roast Peppers and Parsnips - 335 Calories, 33g C, 22g P, 13g F | Salmon, Pecans, Rosemary Cubed Red Potatoes, Broccolini - 322 Calories, 24g C, 23g P, 16g F | Grilled Tri tip w Balsamic Shallots, Green Beans, Roasted Red Potatoes - 314 Calories, 28g C, 24g P, 12g F | Ginger and Amino Chicken with Butternut Squash Succotash and Snow Peas - 248 Calories, 20g C, 26g P, 7g F |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | Menu #9 | | | | Menu #10 | |
| | 19 | 20 | 21 | 22 | 23 | 24 |
| Breakfast | Chorizo, Eggs, Black Beans, Ranchero Sauce - 236 Calories, 14g C, 27g P 8g F | Oatmeal Johnny Cakes with Strawberries and Honey - 169 Calories, 32g C, 8g P, 2g F | Chicken, Asparagus and Spinach Frittata w Ranchero Sauce on the side - 230 Calories, 11g C, 35g P, 5g F | Sweet Country Potatoes, Egg Whites and Chicken Sausage - 268 Calories, 28g C, 22g P, 8g F | Huevos Ranchero w Chicken, Black Beans & Spicy Salsa Roja - 204 Calories, 5g C, 31g P, 5g F | Quinoa w Apricots, Sugar Free Maple Syrup & Cinnamon - 234 Calories, 54g C, 7g P, 2g F |
| AM Snack | Apricot Almond Muffin - 134 Calories, 14g C, 10g P, 3g F | Raisin Overnight Oats | Power Bite - 150 Calories, 18g C, 4g P, 8g F | Baked Pear w/ Oats and Peanut Butter - 180 Calories, 22g C, 5g P, 8g F, 55mg Sodium | Mango Pancakes - 160 Calories, 23g C, 14g P, 1.5g F, 360mg Sodium | Lemon Protein Muffins - 100 Calories, 4g C, 16g P, 2.5g F, 70mg Sodium |
| Lunch | Turkey Chili with Sweet Potato Wedges (sweet potato wedges on the side) - 287 Calories, 18g C, 25g P, 13g F | Pork with Caramelized Onions, Carrots, Parsnips and White Beans w Rosemary - 390 Calories, 37g C, 29g P, 15g F | Chicken & Chorizo Sausage Jambalaya w/ Brown Rice - 341 Calories, 36g C, 31g P, 8g F | Shrimp Salad w Romaine, Tomatoes, Black Beans & Cilantro-Avo Dressing - 288 Calories, 26g C, 23g P, 11g F | Italian Seasonings Chicken w Tomatoes, Peppers and White Beans w Rosemary -266 Calories, 24g C, 31g P, 5g F | Oriental Chicken Salad with Mandarins, Pecans, Peppers, Snow Peas & Brown Rice - 373 Calories, 38g C, 27g P, 13g F |
| PM Snack | Chicken and Red Onion Cucumber Salad with Ginger and Cilantro - 150 Calories, 6g C, 23 P, 3g P | Thai Chicken Lettuce Wraps - 177 Calories, 14g C, 24g P, 3g F | Chicken, Wild Rice & Grapes - 150 Calories, 17g C, 13g P, 4g F | Cauliflower Pizza with Feta, Artichokes, Smoked Chicken & Olives - 155 Calories, 9g C, 9g P, 10g F | Pumpkin Bite - 137 Calories, 21g C, 7g P, 3g F | Power Bites -150 Calories, 18g C, 4g P, 8g F |
| Dinner | Ground Chicken Garlic-Amino-Coconut Oil with Brown Rice and Asian Stir Fry Vegetable - 321 Calories, 34g C, 20g P, 13g F | Salmon w Coconut Oil, Pistachios & Turbinado Sugar, Roasted Carrots and Brown Rice - 388 Calories, 38g C, 22g P, 16g F | Grilled Tri Tip Fajitas w Peppers, Onions, Veg, Corn Tortillas w Pico di Gallo on the side - 383 Calories, 41g C, 24g P, 14g F | Roasted Chicken Thighs w Port Wine Raisins, Roasted Carrots & Acorn Squash - 383 Calories, 43g C, 18g P, 17g F | Grilled Tri Tip, Chimichurri, Rosemary Red Potatoes & Brussel Sprouts -291 Calories, 27g C, 23g P, 12g F | Pork Fajitas w Brown Rice, Pico di Gallo, Avocado & Corn Tortillas - 423 Calories, 50g C, 28g P, 13g F |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | Menu #11 | | | | Menu #12 | |
| | 26 | 27 | 28 | 29 | 30 | 1-May |
| Breakfast | Shredded Chicken Hash & Country Potatoes - 243 Calories, 24g C, 21g P, 7g F | Banana Pancakes w/ Apple & Honey Sauce - 230 Calories, 45g C, 10g P, 3g F, 390mg Sodium | Egg White Bake w Ham, Peppers, Garlic Powder & Pico di Gallo - 189 Calories, 7g C, 25g P, 7g F | Red Pepper and Asparagus Frittata, Salt & Peppers, Paprika with Roasted Acorn Squash - 179 Calories, 19g C, 17g P, 5g F | Peach and Almond Protein Waffle - 260 Calories, 37g C, 22g P, 3.5g F, 125mg Sodium | Smoked Chicken Egg White Scramble w Cherry Tomatoes - 214 Calories, 5g C, 25g P, 11g F |
| AM Snack | Baked Cinnamon Apples - 137 Calories, 22g C, 2g P, 5g F | Deviled Eggs with Hummus - 164 Calories, 19g C, 13g P, 4g F | Pumpkin Seed Bite - 190 Calories, 24g C, 4g P, 9g F | Blackberry Almond Muffin - 130 Calories, 14g C, 10g P, 3.5g F, 95mg Sodium | Power Bites – 150 Calories, 18g C, 4g P, 8g F | Oatmeal, Cherries, Almonds - 123 Calories, 18g C, 4g P, 5g F |
| Lunch | Turkey Vegetable Chili w No Beans - 265 Calories, 29g C, 20g P, 10g F | Chicken, Rosemary Red Potatoes, Carrots, Parsnips, Ginger - 340 Calories, 36g C, 26g P, 10g F, 410mg Sodium | Thai Ground Chicken Lettuce Wraps w Black Beans, Pico & Brown Rice - 292 Calories, 29g C, 22g P, 12g F | Grilled Chicken Salad with Pico, Fajita Style Onions and Peppers, Pinto Beans, Romaine - 341 Calories, 28g C, 30g P, 13g F | Grilled Chicken, Spaghetti Squash, Quinoa & Marinara - 370 Calories, 29g C, 27g P, 17g F | Pork Stir Fry with Aminos, Bamboo Shoots, Snap Peas, Broccoli & Brown Rice - 276 Calories, 25g C, 25g P, 8g F |
| PM Snack | Mozzarella, Tomato, Basil & Balsamic Syrup - 174 Calories, 8g C, 14g P, 9g F | Apple and Grilled Chicken Salad w Greek Yogurt, Curry, Salt & Pepper - 119 Calories, 9g C, 16g P, 2g F | Power Bite - 150 Calories, 18g C, 4g P, 8g F | Ground Turkey Vindaloo with Chickpeas - 183 Calories, 9g C, 14g P, 10g F | 3 Bean Salad - 150 Calories, 28g C, 8g P, 1.5g F | Turkey Chili w Brown Rice - 184 Calories, 16g C, 13g P, 8g F |
| Dinner | Pork Loin w Pico di Gallo, Brown Rice, Fajita Peppers, Onions w Avocado - 336 Calories, 35g C, 23g P, 12g F | Chicken Thighs w Brown Rice, Mango Salsa & Roasted Brussel Sprouts - 365 Calories, 41g C, 22g P, 14g F | Steak, Fajita Peppers, Onions & Mashed Black Beans - 300 Calories, 27g C, 28g P, 10g F | Grilled Tri-tip w/ Balsamic Shallots, Zucchini & Cubed Yams - 350 Calories, 33g C, 21g P, 14g F, 150mg Sodium | Roasted Turkey Meat Loaf w Cauliflower Rice & Roasted Acorn Squash - 309 Calories, 27g C, 22g P, 14g F | Chicken Breast, Zucchini Noodles, Quinoa and Pesto - 350 Calories, 26g C, 28g P, 16g F, 240mg Sodium |