

# GYMRAT - July 2021

| GYMRAT - July 2021 |           |  |  |  |  |   |  |  |
|--------------------|-----------|--|--|--|--|---|--|--|
|                    |           | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |  |
|                    |           | Menu #9  |  |  | Menu #10   |   |  |  |
|                    |           | 28-Jun   | 29-Jun   | 30-Jun   | 1  | 2   | 3  |  |
| Breakfast          | AM Snack  | 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                             |  |
|                    | Lunch     | Apricot Almond Muffin - 134 Calories, 14g C, 10g P, 3g F   | Raisin Overnight Oats - 230 Calories, 38g C, 11g P, 5g F   | Power Bite - 80 Calories, 9g C, 2g P, 4g 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              | PM Snack  | 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           | Dinner    | 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   | 3 Bean Salad   | Pumpkin Bite - 137 Calories, 21g C, 7g P, 3g F  | Power Bites -150 Calories, 18g C, 4g P, 8g F   |  |
| Dinner             | Monday    |  | Tuesday  |  | Wednesday  |   | Thursday   |  |
|                    |           | Menu #11   |  |  | Menu #12   |   |  |  |
|                    |           | 5  | 6  | 7  | 8  | 9   | 10   |  |
| Breakfast          | AM Snack  | 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             |  |
|                    | Lunch     | 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           | Lunch     | 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, 4 g P, 5g F  |  |
| Lunch              | PM Snack  | 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           | Dinner    | 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             | Monday    |  | Tuesday  |  | Wednesday  |   | Thursday   |  |
|                    |           | Menu #11   |  |  | Menu #12   |   |  |  |
|                    |           | 5  | 6  | 7  | 8  | 9   | 10   |  |
| Dinner             | Breakfast |  | AM Snack   |  | Lunch  |   | PM Snack   |  |
|                    |           | 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 Caloried, 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               |  |

|           | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|-----------|---|--|--|---|--|--|
|           | Menu #13  |  |  | Menu #14  |  |  |
|           | 12  | 13   | 14   | 15  | 16   | 17   |
| Breakfast | Cajun Turkey Sausage and Onions, Pepper, Salt, Onion Powder Egg Bake w Fruit on the Side - 217 Calories, 18g C, 23g P, 6g F | Oatmeal Pancakes with Poached Pears and Honey - 236 Calories, 40g C, 11g P, 3g F   | Egg Whites, Ground Turkey, Sweet Potato Hash - 250 Calories, 18g C, 24g P, 9g F, 310mg Sodium                          | Strawberry Pancakes w/ Pears and Honey - 210 Calories, 40g C, 10g P, 3g F, 390mg Sodium                     | Steel Cut Oats, Cherries, Walnuts & Cinnamon - 220 Calories, 33g C, 7g P, 7g F, 0mg Sodium   | Turkey Bacon on the side with Spinach, Mushroom, Garlic Powder, Black Pepper, Oregano and Egg Scramble - 211 Calories, 5g C, 31g P, 8g F |
| AM Snack  | Steel Cut Oats, Nectarines, Walnuts - 230 Calories, 34g C, 7g P, 7g F, 15mg Sodium  | Cucumber Boats w/ Red Pepper Hummus and Ground Turkey - 135 Calories, 8g C, 14g P, 6g F                                      | Mango Almond Muffin - 130 Calories, 15g C, 10g P, 3.5g F, 90mg Sodium  | Almond and Cherry Muffin - 120 Calories, 14g C, 9g P, 3.5g F, 90mg Sodium                                   | Egg Salad - 150 Calories, 7g C, 17g P, 6g F  | Baked Pear w/ Cranberry, Oats and Honey - 125 Calories, 32g C, 1g P, 1g F  |
| Lunch     | Grilled Chicken & Spinach Salad with Egg, Mushrooms, Wild Rice & Apples - 325 Calories, 21g C, 35g P, 11g F                 | Arroz con Pollo-Chicken Thighs and Brown Rice with Cilantro, Tomatoes and Peppers - 333 Calories, 28g C, 24g P, 14g F        | Ground Turkey, Lettuce Wraps, Red Sauce, Avocado & Black Beans - 325 Calories, 30g C, 28g P, 11g F                     | Grilled Chicken with Beets, Green Beans, Oranges and Citrus Dressing - 283 Calories, 24g C, 25g P, 10g F    | Tri-tip Fajita Salad w/ Romaine, Cherry Tomatoes, Bell Peppers, Onions, Radishes and Cilantro Dressing - 390 Calories, 10g C, 21g P, 29g F | Shredded Cancun Pork, Black Beans & Coleslaw Salad w Onions & Bell Peppers, Cilantro Dressing - 320 Calories, 24g C, 28g P, 13g F        |
| PM Snack  | Chicken Breast w/ Tomatoes & Balsamic Vinaigrette - 110 Calories, 4g C, 18g P, 2g F   | Power Bites - 150 Calories, 18g C, 4g P, 8g F  | Mediterranean Chickpea Salad - 220 Calories, 22g C, 8g P, 12g F, 480mg Sodium.   | Power Bites - 150 Calories, 28g C, 23g P, 12g F   | Cucumber Lentil Salad w/ Ground Turkey - 190 Calories, 13g C, 21g P, 7g F  | Pumpkin Bite - 190 Calories, 24g C, 4g P, 9g F   |
| Dinner    | Cajun Shrimp, Zucchini Spirals, Roasted Red Peppers & Roasted Red Potatoes - 269 Calories, 23g C, 19g P, 11g F              | Tri Tip Stir Fry with Broccoli, Snow Peas, Peppers, Aminos and Brown Rice - 269 Calories, 12g C, 28g P, 12g F                | Pork Loin with Dried Cherries and Leeks, Roasted Carrots & Wild Rice - 317 Calories, 32g C, 22g P, 12g F               | Salmon Dore, Lemon, Capers, Parsley, Olive Oil w Cauliflower and Quinoa - 308 Calories, 28g C, 23g P, 12g F | Braised Chicken Thighs with Fennel, Onions, Tomatoes and Herbs-Spaghetti Squash & Brown Rice - 257 Calories, 30g C, 21g P, 6g F            | Pot Roast with Roasted Root Vegetables (Carrots, Parsnips, Red Potatoes) - 327 Calories, 32g C, 26g P, 11g F                             |
|           | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|           | Menu #15  |  |  | Menu #16  |  |  |
|           | 19  | 20   | 21   | 22  | 23   | 24   |
| Breakfast | Egg White Scramble with Ground Turkey, Zucchini and Blackberry Compote - 184 Calories, 13g C, 30g P, 2g F                   | Blueberry Oatmeal Pancakes - 160 Calories, 22g C, 14g P, 2g F, 360mg Sodium  | Caramelized Onion, Spinach, Herb Frittata w Cubed Red Potatoes - 198 Calories, 21g C, 17g P, 5g F                      | Scrambled Egg Whites, Tomatoes, w Turkey Bacon & Fruit on the side - 261 Calories, 6g C, 22g P, 17g F       | Steel Cut Oats w/ Blackberries, Walnuts, Cinnamon - 220 Calories, 33g C, 7g P, 7g F, 0mg Sodium  | Huevos Ranchero with Chicken, Vegetables, Salsa Roja & Corn Tortilla - 262 Calories, 27g C, 25g P, 5g F                                  |
| AM Snack  | Peach Walnut Power Muffin - 120 Calories, 13g C, 9g P, 4g F, 80mg Sodium  | Steel Cut Oats with Honey, Pecans and Almonds - 204 Calories, 32g C, 7g P, 6gF   | Blueberry Pancakes - 140 Calories, 24g C, 7g P, 2g F, 95mg Sodium  | Cherry Almond Muffin - 130 Calories, 16g C, 9g P, 3.5g F, 90mg Sodium                                       | Baked Apple and Honey Greek Yogurt - 153 Calories, 31g C, 7g P, 1g F   | Blueberry Overnight Oats   |
| Lunch     | Ground Turkey Tacos, Pico, Avocado, Cabbage, Cilantro, Brown Rice - 334 Calories, 34g C, 27g P, 11g F                       | Grilled Chicken and Beet Salad, Citrus Dressing, Walnuts, Fresh Orange Slices on Arugula - 292 Calories, 17g C, 26g P, 12g F | Ginger Chicken w Bell Peppers, Fresh Ginger, Aminos, Onions & Bok Choy w Brown Rice - 297 Calories, 32g C, 26g P, 8g F | Buffalo Chicken Salad with Romaine, Cucumbers, Carrots, Celery & Corn - 259 Calories, 20g C, 25g P, 9g F    | Ground Turkey Greek Salad with Peppers, Olives, Cucumber, Tomato and Feta - 232 Calories, 6g C, 16g P, 17g F                               | Ground Turkey Stuffed Bell Peppers, Ginger, Bok Choy, Quinoa - 327 Calories, 25g C, 24g P, 15g F   |
| PM Snack  | Power Bites - 150 Calories, 18g C, 4g P, 8g F   | 3 Bean Salad   | Turkey Greek Salad - 118 Calories, 5g C, 11g P, 6g F   | Power Bites - 150 Calories, 18g C, 4g P, 8g F   | Wild Rice with Smoked Chicken and Grapes - 150 Calories, 17g C, 13g P, 4g F  | Ground Turkey Cabbage Wrapped Tacos with Pico, Cilantro & Brown Rice - 156 Calories, 15g C, 14g P, 5g F                                  |
| Dinner    | Barramundi, Roasted Pepper-Caper Salsa, Zucchini and White Beans w EVOO - 297 Calories, 26g C, 26g P, 11g F                 | Grilled Tri Tip with Green Beans, Maple Acorn Squash, Honey Ginger Sauce - 344 Calories, 22g C, 22g P, 20g F                 | Chicken Curry with Coconut Milk, Green Curry Paste, Spices and Butternut Squash - 395 Calories, 34g C, 26g P, 17g F    | Grilled Chicken w Grilled Zucchini and Yellow Squash & Brown Rice - 293 Calories, 33g C, 26g P, 7g F        | Grilled Tri-Tip with Rosemary Red Potatoes, Green Beans, and Pesto Sauce - 361 Calories, 25g C, 23g P, 20g F                               | Grilled Pork Loin with Cajun Black Eyed Peas, Brussels Sprouts, Cauliflower - 246 Calories, 12g C, 24g P, 12g F                          |

|           | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|-----------|---|--|---|--|--|--|
|           | Menu #17  |  |   |  | Menu #18   |  |
|           | 26  | 27   | 28  | 29   | 30   | 31   |
| Breakfast | Ground Chicken & Egg Scramble with (Frozen) Berry Compote - 212 Calories, 13g C, 24g P, 8g F                              | Oatmeal, Blueberries, Walnuts, Cinnamon & Egg Whites - 200 Calories, 20g C, 11g P, 9g F, 170mg Sodium                  | Ground Turkey Scramble w/ Country Potatoes & Ranchero Sauce - 242 Calories, 18g C, 25g P, 7g F            | Egg Whites Scrambled with Vegetable Hash and Ground Turkey - 214 Calories, 7g C, 31g P, 7g F                                 | Blueberry Pancakes & Chicken Cranberry Sausage - 250 Calories, 23g C, 20g P, 9g F, 360mg Sodium    | Spinach, Vegetable & Turkey Bacon Egg Bake - 227 Calories, 9g C, 25g P, 11g F  |
| AM Snack  | Peach Walnut Muffin - 120 Calories, 13g C, 9g P, 4g F, 80mg Sodium  | Banana Pancakes - 150 Calories, 26g C, 8g P, 2g F, 95mg Sodium   | Power Bite - 150 Calories, 18g C, 4g P, 8g F  | Plum Walnut Muffin - 130 Calories, 14g C, 9g P, 4g F, 90mg Sodium  | Dill, Greek Yogurt, Egg Salad and Tomatoes - 148 Calories, 7g C, 17g P, 6g F                       | Quinoa & Pineapple w/ Coconut Milk - 143 Calories, 20g C, 3g P, 5g F   |
| Lunch     | Grilled Chicken, Pears, Pecans, Arugula, Wild Rice and Lemon Olive Oil Vinaigrette - 344 Calories, 31g C, 28g P, 13g F    | Turkey Chili with Black Beans - 296 Calories, 31g C, 25g P, 9g F   | Pulled Pork, Bell Peppers, Zucchini, Black Beans and Pico on the side - 340 Calories, 33g C, 26g P, 12g F | Salmon Salad w/ Red Onions, Tomatoes, Cucumbers, Feta, Wild Rice & Dressing - 330 Calories, 38g C, 24g P, 8g F, 860mg Sodium | Turkey Meatballs, Zucchini Noodles, Marinara & Brown Rice - 288 Calories, 29g C, 20g P, 11g F      | Butternut Squash, Lite Coconut Milk, Green Onion with Ground Turkey w Brown Rice - 342 Calories, 30g C, 23g P, 15g F |
| PM Snack  | Baked Apple and Chicken Breast - 161 Calories, 16g C, 18g P, 2g F   | Buffalo Chicken and Veggies - 168 Calories, 4g C, 22g P, 6g F  | Pumpkin Bite - 190 Calories, 24g C, 4g P, 9g F  | Lentils with Cucumber, Chicken, Tomato and Lemon - 170 Calories, 14g C, 23g P, 2g F  | Power Bites - 150 Calories, 18g C, 4g P, 8g F  | Turkey & Vegetable Chili - 163 Calories, 6g C, 17g P, 9g F   |
| Dinner    | Balsamic Tri Tip, Sweet Potato Fries & Green Beans, Slivered Almonds, Pineapple Salsa - 342 Calories, 29g C, 28g P, 11g F | Boiled & Cubed Chicken Breast w Fajita Seasoning & Grilled Vegetables & Brown Rice - 339 Calories, 32g C, 25g P, 13g F | Wild Rice, Feta & Turkey Stuffed Portabella Mushroom - 345 Calories, 25g C, 26g P, 16g F                  | Chicken Thighs in coconut milk w curry paste, Carrots with Curry and Moroccan Garbanzos - 384 Calories, 34g C, 26g P, 17g F  | Rosemary Lemon Chicken Breast with Rattatioui & Quinoa & Pesto - 304 Calories, 27g C, 27g P, 10g P | Grilled Tri-Tip with Ginger Amino - Green Beans, Mushrooms & Brown Rice - 323 Calories, 27g C, 23g P, 14g F          |