GYMRAT - MAY 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu 14			**Menu 15**		
	2	3	4	5	6	7
Breakfast	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	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
AM Snack	Almond and Cherry Muffin -	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	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
Lunch	Grilled Chicken with Beets, C	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	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	Turkey Greek Salad - 118 Calories, 5g C, 11g P, 6g F
PM Snack	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	Power Bites - 150 Calories, 18g C, 4g P, 8g F	3 Bean Salad	Turkey Greek Salad - 118 Calories, 5g C, 11g P, 6g F
Dinner	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	Pot Roast with Roasted Root Vegetables (Carrots, Parsnips, Red Potatoes) - 327 Calories, 32g C, 26g P, 11g F	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
	Menu 16			**Menu 17**		
	9	10	11	12	13	14
Breakfast	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	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
AM Snack	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	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
Lunch	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	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
PM Snack	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	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
Dinner	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	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
	Menu 18			**Menu 19**		
	16	17	18	19	20	21
Breakfast	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	Zucchini Spirals & Scrambled Egg Whites w Turkey Bacon, Black Pepper, Garlic Powder & Paprika - 217 Calories, 5g C, 22g P, 12g F	Ground Turkey, Tomato, Basil, Black Pepper & fresh Garlic Egg White Frittata - 166 Calories, 3g C, 26g P, 5g F	Peach Oatmeal Johnny Cakes and Peanut Butter - 200 Calories, 23g C, 10g P, 9g F, 320mg Sodium
AM Snack	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	Power Muffin w dried cherries & pecans - 132 Calories, 16g C, 9g P, 3g F	Steel Cut Oats & Strawberries - 120 Calories, 22g C, 5g P, 2g F, 0mg Sodium	Spicy Chicken in Roasted Acorn Squash - 191 Calories, 20g C, 19g P, 5g F
Lunch	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	Ground Chicken, Black Beans, Brussel Sprouts - 330 Calories, 20g C, 22g P, 19g F, 330mg Sodium	Zucchini Spirals w/ Kidney Beans & Turkey Chili on top - 332 Calories, 31g C, 33g P, 10g F	Turkey Meat Sauce over Spaghetti Squash & Rosemary Cubed Red Potatoes - 301 Calories, 21g C, 22g P, 15g F
PM Snack	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	Chicken Salad, Red Bell Pepper - 150 Calories, 7g C, 15g P, 6g F, 180mg Sodium	Pumpkin Bite - 190 Calories, 24g C, 4g P, 9g F	Power Bites - 150 Calories, 18g C, 4g P, 8g F
Dinner	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	Grilled Chicken, Roasted Carrots, Brown Rice & Raisin Chutney - 331 Calories, 40g C, 25g P, 8g F	Broiled Shrimp, Caramelized Shallots, Mashed Cauliflower, Quinoa & parsley garnish w/ Dried Cranberries - 308 Calories, 40g C, 17g P, 10g F	Tri Tip w Mashed Sweet Potatoes w/ Pecans, Caramelized Onions & Yellow Squash - 330 Calories, 23g C, 27g P, 14g F
	Menu 20			**Menu 1**		
	23	24	25	26	27	28
Breakfast	Chicken Breast & Egg White Bake w/ Cubed Red Potato and Corn Salsa - 234 Calories, 26g C, 20g P, 6g F	Waffle with Turkey Bacon & Mango Compote - 269 Calories, 29g C, 18g P, 10g F	Scrambled Egg Whites w/ Pecan Oatmeal w/ Honey and Cinnamon - 207 Calories, 22g C, 15g P, 7g F	Turkey Sausage w/ Scrambled Eggs, Sweet Potato Hash and Pico di Gallo - 320 Calories, 21g C, 17g P, 19g F	Blueberry Oatmeal Johnny Cakes & Grapes - 154 Calories, 32g C, 7g P, 1g F	Mushroom, Caramelized Onion, Garlic and Spinach Egg White Frittata w/ Red Potatoes - 237 Calories, 23g C, 15g P, 9g F
AM Snack	Blueberry Oatmeal Johnny Cakes - 114 Calories, 21g C, 6g P, 1g F	Steel Cut Oatmeal, Chopped Apples w/ Honey and Cinnamon - 152 Calories, 31g C, 4g P, 2g F	Baked Pear w/ Coconut flakes and Cinnamon - 145 Calories, 28g C, 1g P, 5g F	Pumpkin Spice and Pecan Protein Muffin	Butternut Squash Cakes with Ground Turkey and Cajun Spice - 175 Calories, 9g C, 16g P, 9g F	Cranberry Overnight Oats
Lunch	Shredded Chicken in Corn Tortillas with Bell Peppers, Onions, Radish, Lime Wedge, Green Onions & Enchilada Sauce - 274 Calories, 25g C, 25g P, 8g F	Shredded Pork Fajitas with Mashed Black Beans & Mojo Sauce - 341 Calories, 27g C, 29g P, 13g F	Ground Turkey w/ Roasted Garlic Succotash and White Beans w/ Basil - 320 Calories, 28g C, 29g P, 11g F	Steak Romaine Salad with Tomatoes, Butternut Squash and Cucumber & Balsamic Vinaigrette - 317 Calories, 30g C, 31g P, 8g F	Oriental Chicken with Mandarins, Peppers, Snow Peas, Brown Rice and Citrus Dressing - 370 Calories, 38g C, 27g P, 13g F	Ground Turkey, Green Beans, Sweet Potatoes, Dried Cranberries - 382 Calories, 37g C, 22g P, 18g F
PM Snack	Grilled Chicken Breast & Pineapple Salsa - 121 Calories, 8g C, 14g P, 4g F	Cucumber Salad with Red Onions, Italian Parsley, Cherry Tomatoes, Olives, Hard Boiled Eggs, Lemon Juice & Red Wine Vinegar - 151 Calories, 9g C, 9g P, 9g F	Powerbite - 150 Calories, 18g C, 4g P, 8g F	Mozzarella, Tomato, Basil & Balsamic Syrup - 175 Calories, 8g C, 14g P, 9g F	Baked Pear w/ Slivered Almonds, Honey and Chicken Breast - 169 Calories, 17g C, 15g P, 5g F	Power Bites - 150 Calories, 18g C, 4g P, 8g F

Dinner	Salmon w/ Grilled Red Bell Peppers, Quinoa & Basil Red Pepper Vinaigrette - 387 Calories, 24g C, 23g P, 21g F	Grilled Tri-tip w/ Sauteed Red Onions, Brown Rice, Cooked Cabbage - 420 Calories, 35g C, 23g P, 22g F, 170mg Sodium	Cajun Shrimp w/ Red Beans, Brown Rice, Ratatouille w Creole Seasoning - 370 Calories, 39g C, 27g P, 12g F, 600mg Sodium	Roast Italian Chicken w Balsamic Shallots, Quinoa & Zucchini - 341 Calories, 27g C, 27g P, 14g F	Pork Loin, Brown Rice, Bok Choy, Pineapple - 380 Calories, 29g C, 22g P, 20g F	Chicken Curry with Coconut Milk, Green Curry Paste, Bell Pepper, Onion, Yellow Squash and Butternut Squash - 309 Calories, 16g C, 24g P, 16g F

	Menu 2					
	30	*31-May*	*1-Jun*			
Breakfast	Banana Almond Protein Waffle - 230 Calories, 37g C, 14g P, 3.5g F, 300mg Sodium	Egg Whites and Oatmeal w Berry Compote on the Side - 188 Calories, 22g C, 10g P, 7g F	Turkey Bacon with Spinach and Asparagus Frittata - 187 Calories, 6g C, 25g P, 6g F			
AM Snack	Strawberry Walnut Power Muffin - 120 Calories, 13g C, 9g P, 4g F, 80mg Sodium	Pumpkin Bite - 190 Calories, 24g C, 4g P, 9g F	Buffalo Chicken and Vegetables - 98 Calories, 6g C, 14g P, 2g F			
Lunch	Grilled Chicken Salad with Grilled Red Onions, Apples, Tomatoes, Cucumbers, Pumpkin Seeds & Dried Cranberries - 308 Calories, 21g C, 26g P, 13g F	Cajun Shrimp, Zucchini, Peppers, Kidney Beans, Green Onion, Garlic, Olive Oil - 280 Calories, 24g C, 23g P, 11g F	Turkey Meatballs, Brown Rice, Spaghetti Squash, Marinara Sauce - 296 Calories, 32g C, 19g P, 11g F			
PM Snack	Power Bites - 150 Calories, 18g C, 4g P, 8g F	Chicken Breast and Chopped Apples w/ Mint - 138 Calories, 16g C, 14g P, 2g F	Turkey and Vegetable Chili - 158 Calories, 6g C, 17g P, 8g F			
Dinner	Sesame Crusted Cod w/ Bok Choy & Quinoa - 325 Calories, 26g C, 20g P, 16g F, 418mg Sodium	Grilled Tri-Tip with Green Beans and Acorn Squash w/ Port Wine Raisins - 329 Calories, 31g C, 21g P, 14g F	Chicken Thighs w Rosemary, Olive Oil, Broccoli & Brown Rice - 305 Calories, 31g C, 22g P, 11g F			