

# BALANCEBLEU

Menu for pickup/delivery on:  
9/20/20

Gluten-Free  
Vegetarian  
Vegan  
Whole Grain  
Dairy-Free  
Nut-Free  
Heart Friendly

BALANCEBOWL

<b>Yukon Spicy Chicken</b> + <b>Gold Potatoes &amp; Leeks</b>						X			X	X		
<b>BalanceRice</b>												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
445	30	11	61	3	586							

UNIQUE FLAVORS

<b>Oktoberfest Chicken</b> + <b>Potato Pancakes</b>						X				X	X	
<b>Bratwurst</b> + <b>Sauerkraut</b>												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
289	18	9	29	4	772							

COMFORT FOOD

<b>Grandma's Meatloaf</b> + <b>Pop's Whipped Potatoes</b>						X			X			
<b>Roasted Carrots</b>												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
508	27	18	50	8	494							

ON THE GRILL

<b>Marinated Grilled Chicken Breast (6oz)</b> + <b>Grilled Vegetables</b>						X			X	X	X	X
<b>BalanceRice</b>												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
398	44	6	37	4	203							

LOWER CARB

<b>Tropical Chicken Salad</b> + <b>Arugula Salad</b>						X						X
<b>Lemonade Vinaigrette</b>												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
331	24	13	28	4	223							

SEA FARE

<b>Pineapple Salsa Salmon</b> + <b>Grilled Vegetables</b>						X			X	X	X	X
<b>BalanceRice</b>												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
366	33	6	43	5	490							

1-9 meals	
<b>\$8</b> each	<b>\$5</b> delivery

  
**FIND YOUR BALANCE.**

10+ meals	
<b>\$7.5</b> each	<b>FREE</b> delivery

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