

# BALANCEBLEU

Menu for pickup/delivery on:  
1/17/21

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

BALANCEBOWL

<b>Greek Chicken Bowl</b> + <b>Mediterranean Salad</b>						X			X		X	X
<b>Garlic Sauce</b>												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
408	42	10	36	3	398							

UNIQUE FLAVORS

<b>Goat Cheese Pasta al Forno</b> + <b>Grilled Vegetables</b>						X	X		X		X	X
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
310	11	6	52	6	305							

COMFORT FOOD

<b>Down Home Pot Roast</b> + <b>Potatoes, Carrots &amp; Onions</b>						X				X	X	X
<b>Country Green Beans</b>												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
359	24	6	35	7	600							

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>N'awlins Chicken Gumbo</b> + <b>Southern Greens</b>									X		X	X
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
318	29	11	22	5	523							

SEA FARE

<b>Yogurt-Dill Salmon</b> + <b>BalanceRice</b>						X			X		X	X
<b>Grilled Vegetables</b>												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
359	35	6	39	4	505							

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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