

BALANCEBLEU

Menu for pickup/delivery on:
1/24/21

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

BALANCEBOWL

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

UNIQUE FLAVORS

Chicken Tortilla Soup + Mexican Corn Cake									X		X	
Sour Cream												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
533	26	18	68	17	405							

COMFORT FOOD

Grandma's Meatloaf + Pop's Whipped Potatoes						X			X		X	
Country Green Beans												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
530	27	18	43	7	412							

ON THE GRILL

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

LOWER CARB

Apple Butter Pork Chops + Country Green Beans						X					X	X
Fried Apples												
Calories	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Sodium (mg)							
375	25	11	36	8	389							

SEA FARE

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

1-9 meals	
\$8 each	\$5 delivery


FIND YOUR BALANCE.

10+ meals	
\$7.5 each	FREE delivery

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