

# WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK
<b>FRIDAY</b> July 1 <sup>st</sup>	Nature's Path Organic Peanut-Buddy Granola Bar, Sliced Apple, Yogurt, Coffee	Turkey + Cheese Sandwich + Tomatoes + Baby Carrots	<a href="#">Baked Penne with Roasted Veggies and Chicken</a>	Baby Carrots with <a href="#">Homemade Hummus</a>
<b>SATURDAY</b> July 2 <sup>nd</sup>	Cheesy Spinach Omelet in a Whole Wheat Tortilla, Apple Juice, Coffee	Leftover Veggie Pasta	<a href="#">Lemon Baked Fish</a> , Potato Wedges	Yogurt with Honey, Nuts and Berries
<b>SUNDAY</b> July 3 <sup>rd</sup>	Turkey Sandwich with Fried Egg and Sliced Tomato, Raw Milk	B.L.T.'s (Bacon Lettuce Tomato Sandwich) with Baby Carrots	Company's Coming: <a href="#">Black Beans and Carnitas with Cilantro Lime Rice</a> , Tomatoes	<a href="#">Peach-a-Berry Pie</a>
<b>MONDAY</b> July 4 <sup>th</sup>	<a href="#">Overnight Oats with Fresh Blueberries and Almonds</a> (for an on-the-go pre-made breakfast)	Independence Day Picnic: Baby Carrots with <a href="#">Fiesta Dip</a> ; <a href="#">Melon, Mozzarella and Prosciutto Skewers</a> ; <a href="#">Mom's Potato Salad</a> ; <a href="#">Green Slaw with Cabbage and Granny Smith Apples</a> ; Grilled Chicken Sausage Links and Bison Burgers, Sautéed Onions and Peppers, Condiments; <a href="#">Raspberry Tiramisu Bites</a>		
<b>TUESDAY</b> July 5 <sup>th</sup>	<a href="#">Blueberry Scones</a> with French Press Coffee, Apple Juice, Mixed Nuts, Cheese Cubes	Picnic Leftovers!	<a href="#">Summer Corn Cakes with Tomato and Avocado Salsa</a>	<a href="#">Caramel Apples with Chopped Nuts</a>
<b>WEDNESDAY</b> July 6 <sup>th</sup>	Sliced Melon, Yogurt with Granola and Dried Fruit and Nuts, Coffee	Burritos – leftover Black Beans + leftover Tomato and Avocado Salsa + Cheese	Grilled Salmon on Mixed Greens Salad with Blueberries, Cheese and Balsamic Vinaigrette	Freshly Popped Popcorn with Herbs
<b>THURSDAY</b> July 7 <sup>th</sup>	Cheesy Scrambled Eggs with Flax Seed, Whole Wheat Toast, Fruit Salad, Coffee	Turkey + Cheese Sandwich + Tomatoes + Baby Carrots	<a href="#">Brown Rice Bar</a> – Leftover Night!	Tomato-Mozzarella Salad with Balsamic and Basil

**THIS WEEK'S BASKET:** 4 GRANNY SMITH APPLES, 1 BAG BABY CARROTS, 3 LBS. YUKON GOLD POTATOES, 1 PINT NC BLUEBERRIES, 1 PINT RASPBERRIES, 4 EARS BI-COLOR CORN, 2 LBS. ROMA (PLUM) TOMATOES, 1 HEAD GREEN CABBAGE, 1 CANTALOUPE MELON.