

Meal Plan: July 15-21, 2011

	Breakfast	Lunch	Dinner	Snack
Friday	Pineapple Coffee Cake (with Coffee, of course)	Salad + Sliced Plums + Goat Cheese + Walnuts + Balsamic	Sweet Basil Corn Chowder with Crumbled Bacon , adding 5-6 leaves of finely chopped fresh basil during cooking; top with bacon to serve.	Dried Fruit + Nuts
Saturday	Yogurt + Blueberries + Granola	Turkey Burgers with Goat Cheese + Whole Wheat Buns + The Neelys' Broccoli Salad	Date Night Out: Dinner and a Movie (Harry Potter Finale, to be exact - so excited!!)	White Nectarine Ice Cream
Sunday	Leftover Pineapple Coffee Cake + Scrambled Eggs	Grilled Cheese + Basil Mayonnaise ; Tomato Soup	Bobby Flay's Indian Curry Lamb Skewers with Mint-Grilled Nectarine Chutney with Pita	Julia Child's Braised Cucumbers
Monday	Granola + Sliced Pluots + Milk or Yogurt	Leftover Curry + Braised Cucumbers	Pasta with Fresh Basil Pesto ; Bruschetta with Tomato and Basil	Trail Mix: Pretzels + Raisins + Chocolate + Peanuts
Tuesday	Scrambled Eggs + Toast + Fruit Salad	Salad + Sliced Plums + Goat Cheese + Walnuts + Balsamic (plus leftover Pesto Pasta, if there is any)	Pizza and Game Night: definitely using fresh basil in Homemade Sauce recipe	Apple Pie
Wednesday	Leftover Apple Pie + Coffee (yes, I count that for breakfast on occasion)	Leftover Pizza + Salad	Grilled Chicken + Oven-Fried Okra + Stewed Tomatoes	Honey-baked White Nectarines with Yogurt
Thursday	Grits + Eggs + OJ	Apple and Cheddar Whole Wheat Quesadillas	Stir-fry (Rice + Leftover Veggies)	Flambeed Pineapples with Coconut Ice Cream