

Meal Plan: July 29-August 4, 2011

| | Breakfast | Lunch | Dinner | Snack |
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| Friday | Organic Shredded Wheat Cereal, Yogurt and Apple Slices | Salad with Pluots, Goat Cheese, Dried Cranberries and Walnuts | Smoothie: Raw Milk, Pomegranate Juice, Mixed Berries, Banana, Flaxseed, Spinach, topped with Granola | Carrot Sticks |
| Saturday | Hard-boiled Eggs, Cheddar Cheese, Nectarines | Peanut Butter and Jam Sandwiches on Whole Wheat Bread, Celery and Carrot Sticks, Raisins | Grilled Chicken, Sliced Tomatoes, Caramelized Corn with Shallots | Ina Garten's Ultimate Ginger Cookies |
| Sunday | Whole Wheat Waffles , Mixed Berries, Raw Milk | Spinach and Blue Cheese Salad with Sliced Apples and Spiced Caramelized Pecans (substitute Goat Cheese for Blue Cheese) | Tyler Florence's Tuna Burgers with Carrot-Ginger Sauce on Whole Wheat Bread, Potato Wedges | Pluot Cake |
| Monday | Organic Shredded Wheat Cereal, Raw Milk, Tropical Fruit with Honey-Yogurt Sauce | Leftover Tuna Burgers, Carrot Sticks, Apple Slices | Alton Brown's Shepherd's Pie uses Carrots, Corn, Peas and Potatoes | Trail Mix (dried seeds, nuts, dried fruit, pretzels, dark chocolate chips or chunks) |
| Tuesday | Spinach Cheddar Omelet, Whole Wheat Toast, Pluots | Egg Salad Sandwiches , Pluots (or Pluot Cake, if there's any left) | Grilled Chicken on Mixed Green Salad with Kiwi Citrus Dressing | Ginger Dip with Apples and Pears |
| Wednesday | Organic Shredded Wheat Cereal, Raw Milk, Tropical Fruit with Honey-Yogurt Sauce | Whole Wheat Hoagies (Turkey, Ham, Mixed Salad Greens, Provolone, Mustard), Bananas | Honey-glazed Carrots , Creamy Celery and Potato Soup | Sugar Snap Peas |
| Thursday | Scrambled Eggs, Cheese Cubes, Sliced Apples, Whole Wheat Toast (make quesadillas, if desired) | Wild Rice Salad with Celery and Walnuts | Grilled Pork Chops, Summer Corn Cakes with Chopped Tomato and Avocado Salsa | Kiwi Ice |

This Week's Basket: Apples, Carrots, Celery, Corn, Ginger, Kiwi, Mixed Salad Greens, Nectarines, Pluots, Potatoes, Spinach, Sugar Snap Peas.

On Hand: Apples, Oranges, Berries, Bananas, Tomatoes, Onions (use instead of shallots), Leek, Garlic, Sprouts, Chicken, Raw Milk (skim cream off top and reserve), Buttermilk, Eggs, Butter, Juice, Dried Fruit, Nuts, Flaxseed, Granola, Cornmeal, Organic Cereal, Staples (flour, sugar, salt, herbs, etc.), Molasses, Vinegars, Oils, Soy Sauce, Condiments, Honey, Peanut Butter, Jam, Tomato Paste, Chicken Bouillon, Vegetable Bouillon.

Grocery List: 2 Lemons, 2 avocados, 1 pineapple, 2 pears, 1 Jalapeno Pepper, 1 bunch Scallions, 1 lb. sushi-grade tuna, 6-8 oz. Lunch Meats, 6-8 oz. Pork Chops, 8 oz. cream cheese, 4-6 oz. Goat Cheese, 32 oz. Plain Organic Yogurt, 6-8 oz. Cheddar Cheese, 2-4 oz. Provolone, 1 loaf Hearty Whole Wheat Bread, small package Whole Wheat Hoagies, Wild Rice (Estimated Price for Organic: \$60 for 2 people; may reduce cost by purchasing less cheese and making bread).