

Meal Plan: August 12-18, 2011

	Breakfast	Lunch	Dinner	Snack
Friday	Oatmeal + Sliced Apples + Raisins + Nuts + Milk	Turkey Sandwich + Lettuce + Tomato	Stirfry (Steak + Broccoli + Shiitake Mushrooms + Carrots + Zucchini) + Steamed Rice	Pluot and Prosecco Fizz
Saturday	Scrambled Eggs + Leftover Rice (stirfry style) + Juice	Tilapia with Sweet Onion Ale Sauce	Grilled Chicken + Salad (Romaine + Dried Cranberries + Nuts + Balsamic)	Mel's Baba Ghannouj + Carrot Sticks + Pita
Sunday	Scrambled Eggs + Grandma's Hash Browns + Juice	Tyler Florence's Stuffed Baby Eggplant	Shiitake Mushroom and Cheddar Soup	Cornmeal Loaf Cake with Nectarines
Monday	Cornmeal Loaf Cake with Nectarines	Leftover Shiitake Cheddar Soup + Salad	Bell Peppers Stuffed with Turkey and Mushrooms	Steamed Rice + Homemade Coconut, Pepper and Coriander Sauce
Tuesday	Oatmeal + Sliced Apples + Raisins + Nuts + Milk	Chicken Sausage Dogs + Apple-Cucumber Salsa + Tortilla Chips	Indian Curry Lamb Skewers with Mint-Grilled Nectarine Chutney with Pita	Mango Banana Yogurt Smoothie
Wednesday	Omelets (Mushrooms + Onions + Green Peppers + Zucchini + Ham) + Juice	Cucumber Sandwich with Dill and Creme	Apple and Cheddar Whole Wheat Quesadillas	Pluot Cake
Thursday	Oatmeal + Pluots + Raisins + Nuts + Milk	Apple and Cheddar Whole Wheat Quesadillas	Poached Eggs over Collard Greens & Shiitake Mushrooms	Mango Nectarine Sorbet

This Week's Basket: Bell Peppers, Eggplants, Tomatoes, Braeburn Apples, Cucumbers, Romaine Lettuce, Kent Mangos, Shiitake Mushrooms, Nectarines, Vidalia Onions, Crimson Glow Pluots, Russet Potatoes, Zucchini.