

## Meal Plan: August 5-11, 2011

	Breakfast	Lunch	Dinner	Snack
<b>Friday</b>	<a href="#">Organic, Vegan Blueberry Oat Muffins</a>	<a href="#">Broccoli and Peas with Sesame Seeds, Soy and Honey</a>	<a href="#">Pasta with Tomatoes &amp; "Hidden Zucchini"</a>	Peanut Butter Toast, Apple
<b>Saturday</b>	Scrambled Eggs, Whole Wheat Sourdough, Bacon, OJ	<a href="#">Quick Marinated Yellow Squash Salad</a>	Pork Chops, Mashed Potatoes, Baby Carrots, and Spring Mix Salad	Nuts, Dried Fruit
<b>Sunday</b>	<a href="#">Organic, Vegan Blueberry Oat Muffins</a>	<a href="#">Wilted Kale with Cherries</a>	<a href="#">Stuffed Squash with Bulgar and Feta, Green Bean Haystacks</a>	Carrots and Celery, Peanut Butter
<b>Monday</b>	<a href="#">Peach Ginger Fling</a>	<a href="#">Pasta with Caramelized Onion, Kale and Garlicky Bread Crumbs</a>	<a href="#">Quick Stovetop Chicken Cutlets with Fresh Cherry Salsa</a> , and Salad	Granola, Banana
<b>Tuesday</b>	Scrambled Eggs, Whole Wheat Sourdough, Bacon, OJ	<a href="#">Broccoli Pepper Salad</a> , Yogurt	Pizza and Game Night, Spring Mix Salad	Nuts, Dried Fruit
<b>Wednesday</b>	<a href="#">Blueberry Zucchini Bread</a> , Yogurt	<a href="#">Salad with Plums and Goat Cheese</a>	<a href="#">Grilled Italian Sausage and Peppers over Penne Pasta</a>	Carrots and Celery, Peanut Butter
<b>Thursday</b>	<a href="#">Pierogi with Italian Plum Filling and Spiced Sour Cream</a>	<a href="#">Garlic Green Beans</a> , Leftover Grilled Italian Sausage	<a href="#">Blueberry Zucchini Bread</a> , Scrambled Eggs	Granola, Banana

This Week's Basket: Blueberries, Broccoli, Cherries, Green Beans, Green Bell Peppers, Kale, Onions, Peaches, Plums, Spring Mix Salad, Yellow Squash, Zucchini.