

# WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK
FRIDAY	<a href="#">Cream Scones with Champagne Grapes</a>	Turkey-Provolone-Spinach Sandwich + Cherries	Grilled Chicken Sausage Links + <a href="#">Sautéed Baby Red Potatoes with Scallions</a>	<a href="#">Strawberry Shortcake</a>
SATURDAY	Cheesy Scrambled Eggs with Scallions + Sliced Nectarines	<a href="#">Clean Eating Ricotta Stuffed Zucchini Rolls</a>	Hamburgers + <a href="#">Sautéed Baby Red Potatoes with Scallions</a>	<a href="#">Chocolate &amp; Zucchini Cake</a>
SUNDAY	<a href="#">Hash-Brown Eggs!</a>	<a href="#">Champagne Grape and Shrimp Salad Sandwiches</a>	Steamed Rice + <a href="#">Ginger-Garlic Bok Choy</a> + <a href="#">Honey-Soy Pork Chops</a>	<a href="#">Strawberry Yogurt Soup</a>
MONDAY	<a href="#">Cinnamon Plums with French Toast</a> + Greek Yogurt	<a href="#">Apple Blue Cheese Salad</a>	<a href="#">Pan-Seared Scallops with Champagne Grapes and Almonds</a> + Green Beans	Edamame + Chicken Broth
TUESDAY	<a href="#">Peaches and Green Smoothie</a>	<a href="#">Emeril's Shrimp and Pasta with Chilis, Garlic, Lemon and Green Onions</a>	<a href="#">Chef's Table: Beet Greens Salad</a>	Cottage Cheese + Diced Tomatoes + Red Onion + Zucchini + Salsa
WEDNESDAY	<a href="#">English-Muffin Breakfast Pizza</a> (with Roma Tomatoes)	<a href="#">Ina Garten's Ploughman's Lunch</a>	Whole Wheat <a href="#">Spaghetti with Mushrooms</a> , Salad, Garlic Bread	Carrot Sticks + Hummus
THURSDAY	Oatmeal + Chopped Apples + Nuts + Honey	<a href="#">Mozzarella and Tomato Salad with Basil</a> + Balsamic	<a href="#">Chicken Zucchini Alfredo</a>	Sweet Potato Fries

**This Week's Basket: Baby Beets with Greens, Baby Bok Choy, Strawberries, Champagne Grapes, White Mushrooms, Nectarines, Gala Apples, Scallions (Green Onions), Red Potatoes, Baby Spinach, Zucchini, Roma Tomatoes**