

Meal Plan: September 16-22, 2011

	Breakfast	Lunch	Dinner	Snack
Friday	Steel-cut Oatmeal + Chopped Apples + Nuts + Milk	Macaroni Salad with Sugar Snap Peas and Bacon	Colcannon (creamy potatoes and kale) + Chicken Sausage Dogs	Ginger Ice Cream (a teaspoon of chopped fresh ginger added to this recipe would be fabulous)
Saturday	Homemade English Muffins + Scrambled Eggs + Applesauce	Grilled Cheese + Homemade Tomato Soup	Blue Crimini Quiche + Carrot Apple Ginger Soup	Ginger Custard with Sugared Ginger Shreds
Sunday	Leftover Crimini Quiche (and maybe some Ginger Custard)	Quinoa Tabouleh w/ Feta Cheese and Garbanzo Beans	English Muffin Pizzas + Salad	Melissa's Caramelized Brandied Pears
Monday	Baked Eggs with Spinach and Tomatoes	Autumn Apple, Pear and Cheddar Salad with Pecans	Asian Flank Steak with Ginger Balsamic Marinade + Asian Sugar Snap Peas	Southern Living's Banana Pudding
Tuesday	Steel-cut Oatmeal + Chopped Apples + Nuts + Milk	Pickled Grapes + a Crostini + Sliced Turkey + Carrot Sticks	Roasted Vegetable Stacked Enchiladas	60-calorie Creamy Chocolate Fudgsicles (with bananas)
Wednesday	Homemade English Muffins + Scrambled Eggs + Applesauce	Barley Risotto with Fennel and Crimini Mushroom Saute	Sesame Ginger Slow-Cooker Chicken and Rice	Roasted Pears with Goat Cheese and Pine Nuts
Thursday	Bacon Pancakes + Sliced Bananas	Martha's Roasted Red Potatoes + Leftovers	Crispy Chicken with Creamy Italian Sauce and Bowtie Pasta	Leftover Fruit and/or Ginger Ice Cream

This Week's Basket: Ginger Gold Apples, Bananas, Eggplant, Ginger, Red Globe Grapes, Romaine Lettuce, Crimini Mushrooms, Sugar Snap Peas, Bartlett Pears, Red Potatoes, Baby Spinach, and Roma Tomatoes.