

Meal Plan: September 30-October 6, 2011

	Breakfast	Lunch	Dinner	Snack
Friday	Fried Eggs + Scallion and Anise Pita Toasts	Lemon Parmesan Kale Salad + Turkey and Tomato Panini	Sugar Snap Peas and Potatoes with Parsley Pesto	Florence Mama's Candied Yams
Saturday	Cauliflower Fritters + Scrambled Eggs	Birthday Party: OUT	Chili Con Carne	Red Wine Poached Pears
Sunday	MacIntosh Apple Monkey Bread	Roasted Pork Fillet with Balsamic Pears, Red Onion and Mashed Potatoes	Grilled Salmon + Mixed Baby Greens Salad	Baked Yams with Ginger and Honey
Monday	Chocolate Banana Crepes	Lemon Parmesan Kale Salad + Turkey and Tomato Panini	Sausage Dogs + Cheesy Cauliflower	Trail Mix
Tuesday	Sweet Potato and Edamame Hash	Roasted Roma Tomatoes on Toast	Breakfast for Dinner: Scrambled Eggs, Sourdough Toast, Fruit	Maple Apple Cheddar Pie
Wednesday	PB Sourdough Toast + Sliced Bananas	Cauliflower and Broccoli Soup	Drunken Hamburger with Yams and Kale	Cashews + Dark Chocolate Square
Thursday	Carrot Scallion Latkes	Bib Lettuce Salad with Pears, Pecans and Gorgonzola	Cauliflower Pizza Crust + Spaghetti Sauce + Mozzarella + Basil	Homemade Butterscotch Pudding with Caramelized Bananas and Cream

This Week's Basket: MacIntosh Apples, Red Pears, Bananas, Scallions, Parsley, Chard, Mixed Baby Greens, Snow Peas, Roma Tomatoes, Yams, Broccoli, Cauliflower.