

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK
FRIDAY	Steel-cut Oatmeal + Apples + Brown Sugar + Nuts	Beetroot, Zucchini & Apple Salad + Yogurt	Stuffed Green Peppers with Brown Rice, Italian Sausage and Parmesan	Trail Mix Cookies
SATURDAY	Spelt and Beet Pancakes + Milk	Goat Cheese, Avocado, Celery, Walnut Pesto & Watercress on Multigrain Bread + Cream of Celery Soup	Fancy Schmancy Chicken Salad + Carrots + Celery Sticks	Grapefruit Cupcakes with Honeyed Italian Meringue Buttercream
SUNDAY	Broiled Grapefruit + Scrambled Eggs + Whole Wheat Toast	Fancy Schmancy Chicken Salad + Carrots + Celery Sticks	Chicken Pesto Pizza with Red Grapes	Mixed Nuts + square of dark chocolate
MONDAY	Steel-cut Oatmeal + Apples + Brown Sugar + Nuts	Chicken Pesto Pizza with Red Grapes + Yogurt	No-Stir Oven Risotto and Heart-Shape Beets + Grilled Chicken	Oranges with Lavender and Mint
TUESDAY	Spelt and Beet Pancakes + Milk	Fresh Cabbage Salad with Bell Pepper, Olives, Green Chili and Basil + Turkey Sandwich	Granny Smith Apple and Gorgonzola Pizza	Mixed Nuts + square of dark chocolate
WEDNESDAY	Broiled Grapefruit + Scrambled Eggs + Whole Wheat Toast	Grilled Cheese Sandwich with Bacon, Granny Smith Apples, and Dijon	Broccoli Cheese Bites + Baked Parmesan Tomatoes + Grilled Chicken Strips	Valencia Orange Cake
THURSDAY	Steel-cut Oatmeal + Apples + Brown Sugar + Nuts	Apple Celery Salad + Turkey Sandwich	Mediterranean Stuffed Tomatoes with Quinoa	Yogurt

This Week's Basket: Granny Smith Apples, Chioggia Beets, Green Bell Peppers, Broccoli, Celery, Ruby Red Grapefruit, Red Seedless Grapes, Bibb Lettuce, Onions, Valencia Oranges, Russet Potatoes and Tomatoes.