

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK
FRIDAY	Steel-cut Oatmeal + Roasted Apples	Salad + Sprouts + Tuna (see The Perfect Salad)	Kale Stuffed Shells	Trail Mix Cookies
SATURDAY	Orange French Toast + Bananas	Roasted Beet Shallot and Pecan Salad	Ricotta Gratin of Senposai, Potatoes, + Basil	Caramel Filled Apples
SUNDAY	Spelt and Beet Pancakes + Milk	Slow Cooker Beef Roast with Apples, Carrots, Red Potatoes + Pearled Onions	Honey-Soy Teriyaki Glazed Salmon with Bok Choy	Roasted Beet Ice Cream (use simple syrup instead of corn syrup)
MONDAY	Steel-cut Oatmeal + Roasted Apples	Roast Beef Sandwich from yesterday's Pot Roast	Apple and Cheddar Whole Wheat Quesadillas	Mixed Nuts + square of dark chocolate
TUESDAY	Creamy Banana Kale Smoothie	Apple, Pear + Cucumber Salad	Tabbouleh	Cranberry Stuffed Apples
WEDNESDAY	Steel-cut Oatmeal + Roasted Apples	Sprouts + Apple Salad + Tuna	Spicy Tofu with Asian Greens (Senposai and Bok Choy)	Valencia Orange Cake
THURSDAY	Creamy Banana Kale Smoothie	Beetroot, Zucchini & Apple Salad + Yogurt	Leftover Veggies on Pizza (Homemade Sauce Recipe)	Cardamom Honey Caramel Pears

This Week's Basket: Jonagold Apples, Bananas, Red Beets, Bok Choy, Mixed Baby Greens, Jumbo Yellow Onions, Valencia Oranges, Parsley, Bartlett Pears, Russet Potatoes, Senposai (aka Japanese Collards) or Kale, Sprouts.