

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK
FRIDAY	PB Toast + Hardboiled Eggs + Pears	Joanne Weir's Cucumber and Feta Salad	Sesame Chicken Recipe (uses Scallions)	Sliced Apples + Cheese Cubes
SATURDAY	Scrambled Eggs with Tomato and Scallions (Huevos Revueltos con Tomate y Cebolla)	A Pomegranate Celebration (includes Spiced Pomegranate + Vanilla Martini, Baked Pomegranate-Marinaded Chicken Thigh Cutlets, Herbed Couscous with Pomegranate, and Orange Blossom + Saffron Labneh with Pomegranate)	Chinese Dumplings (Jiao Zi) + Ginger Cabbage Salad	Macintosh Apple Monkey Bread
SUNDAY	Leftover Macintosh Apple Monkey Bread + Coffee	Autumn Apple, Pear, and Cheddar Salad with Pecans	Turkey Enchiladas + Salad with Micro-greens	Grapefruit Cupcakes with Grapefruit Curd and Candied Grapefruit Peels
MONDAY	Pecan Maple Bacon Pancakes	Turkey Enchiladas + Salad with Micro-greens	Chicken Koftas with Cucumbers and Yogurt	Homemade Caramel + Apples
TUESDAY	Omelets + Toast + Apple	Zucchini Quinoa Salad with Micro-greens	Roast Pork + Roasted Carrots with Onions and Thyme	Caramelized Pear Cannoli with Praline Sauce
WEDNESDAY	Carrot Cake Waffles	Turkey Cranberry Monte Cristo	Apple Goat Cheese Pizza	Dual Colored Sweet Potato Chakin
THURSDAY	PB Toast + Hardboiled Eggs	PB&J Sandwiches + Carrot Sticks	Brown Rice Bar (aka Unfried Rice)	Pear Dumplings

This Week's Basket: Chinese Cabbage, Cucumbers, Greenhouse Radish Micro-greens, Pomegranates, Grapefruit, Green Onions (Scallions), Macintosh Apples, Bartlett Pears, Romaine Lettuce, Rainbow Carrots, Purple Sweet Potatoes, Cherry Tomatoes.