

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK
FRIDAY	Oatmeal + Chopped Apples + Nuts + Honey	Turkey-Provolone-Spinach Sandwich + Carrot Sticks	Grilled Chicken Sausage Links + Sautéed Baby Red Potatoes with Scallions	Tomato and Mozzarella Salad with Microgreens
SATURDAY	Hard-Boiled Eggs + Cheddar + Pear	Cheddar + Ham + Sliced Apples + Carrots + Celery Sticks + Sourdough + Butter	Mushroom and Squash Lemon Pasta + Salad	Cranberry Orange Loaf
SUNDAY	Oatmeal + Chopped Apples + Nuts + Honey	Turkey-Provolone-Spinach Sandwich + Carrot Sticks	Hamburgers + Sautéed Baby Red Potatoes with Scallions	The Best Lemon Bars
MONDAY	Hard-Boiled Eggs + Cheddar + Pear	Apple Blue Cheese Salad + Roasted Pear-Butternut Soup with Crumbled Stilton	Winter Squash Risotto	Edamame + Chicken Broth
TUESDAY	Oatmeal + Chopped Apples + Nuts + Honey	Turkey-Provolone-Spinach Sandwich + Carrot Sticks	Tuna and Goat Cheese Sashimi (with Microgreens and Granny Smith Apples)	Tomato and Mozzarella Salad with Microgreens
WEDNESDAY	Butternut Frittata with Sage and Gruyere	Cheddar + Ham + Sliced Apples + Carrots + Celery Sticks + Sourdough + Butter	Whole Wheat Spaghetti with Mushrooms , Salad, Garlic Bread	Hard-Boiled Eggs + Cheddar + Pear
THURSDAY	Oatmeal + Chopped Apples + Nuts + Honey	Baby Greens with Roasted Beets and Potatoes and Dijon Dressing	Asian Orange Chicken	Carrot Sticks + Hummus

This Week's Basket: Grape Tomatoes, Butternut Squash, Cucumbers, Kale, Microgreens, Lemons, Bartlett Pears, Red Potatoes, White Mushrooms, Baby Spinach, Valencia Oranges, Granny Smith Apples.