

## Meal Plan: July 22-28, 2011

	Breakfast	Lunch	Dinner	Snack
<b>Friday</b>	Yogurt + Blackberries + Granola	<a href="#">Chili Con Carne</a> , Cheese, Sour Cream	Pasta with olive oil, fresh cilantro, diced tomatoes, and garlic	<a href="#">Garlicky Brussel Sprouts</a>
<b>Saturday</b>	Scrambled Eggs + Toast + Fruit Salad	Out to eat at a local, organic cafe!	<a href="#">Ceviche de Camaron</a> , Sliced Avocado	Trail Mix: Pretzels + Raisins + Chocolate + Peanuts
<b>Sunday</b>	<a href="#">Banana Bread</a> , Milk, Coffee	Baked Potatoes and <a href="#">Mushroom Caps</a> (serve with Chili Con Carne, if there is any left)	Romaine Salad topped with leftover Ceviche de Camaron	<a href="#">No Bake Chocolate Torte</a>
<b>Monday</b>	Leftover Banana Bread, Milk, Coffee	Leftover Baked Potatoes and Salad	<a href="#">Citrus Chicken with Roasted Peaches</a>	Dried Fruit + Nuts
<b>Tuesday</b>	<a href="#">Mango Banana Yogurt Smoothie</a>	Peanut Butter and Jelly Sandwiches, Carrot Sticks	Grilled Chicken and <a href="#">Mango-Red Onion Salad</a>	<a href="#">Blackberry Sherbet</a>
<b>Wednesday</b>	Grits + Eggs + OJ	Grilled Chicken from last night sliced and wrapped in a tortilla with lettuce and Mango-Red Onion Salad	<a href="#">Oven Baked Purple Potatoes</a> with Turkey Burgers	Dried Fruit + Nuts
<b>Thursday</b>	Yogurt + Banana + Granola	Wild Rice, Green Beans, Pinto Beans, Salad (Vegetarian Option for Catered Lunch at Work)	<a href="#">Sweet Potato Pancakes</a> and Scrambled Eggs	<a href="#">Chocolate Beet Cupcakes</a>