

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK / DESSERT
FRIDAY July 8 th	Nature's Path Organic Peanut-Buddy Granola Bar + Sliced Apple + Yogurt	Salad with Plums and Goat Cheese	Grilled Bratwurst + Summer Beans with Marinated Mozzarella and Cherry Tomatoes	Cucumbers + Homemade Ranch Dressing
SATURDAY July 9 th	Oatmeal + Peaches + Plums + Almonds	Apple and Cheddar Whole Wheat Quesadillas	Grilled Chicken and Peaches with Chipotle-Peach Dressing	Sweet Potato / Yam Fries (450F for 45 minutes)
SUNDAY July 10 th	Cheesy Scrambled Eggs with Flax Seed + Whole Wheat Toast + Fruit Salad	Rosemary Pork and Spiced Apples + Tangy Yellow Beans	Grilled Cheese Sandwiches + Tomato Soup	Greek Yogurt + Honey + Cinnamon + Dried Fruit
MONDAY July 11 th	Banana Nut Muffins	Cheese Cubes + Apple Slices + Turkey Slices + Whole Wheat Crackers	Spring Vegetable Ragout	Homemade Butterscotch Pudding with Caramelized Bananas and Cream
TUESDAY July 12 th	Cereal + Dried Fruit + Nuts + Milk	Garlic and Romaine Salad + Walnuts	Cheesy Zucchini Omelet	Baby Carrots + Homemade Hummus
WEDNESDAY July 13 th	Cucumber Sandwich with Dill and Crème Fraiche	Lemon-Mint Snap Peas and Lima Beans	Hamburgers + Salad	Creamy Cucumber Dip + Pita Chips
THURSDAY July 14 th	Peaches and Green Smoothie	Peanut Butter and Jelly Sandwiches + Sliced Apples + Carrots	Stir-fry with Sugar Snap Peas	Roasted Stone Fruit with Vanilla Ice Cream

THIS WEEK'S BASKET: YELLOW BEANS, CUCUMBERS, WATSONIA PEACHES, SUGAR SNAP PEAS, BLACK PLUMS, FANCY BRAEBURN APPLES, BANANAS, FANCY STRAIGHTNECK YELLOW SQUASH, FANCY ZUCCHINI SQUASH, YAMS, RED LEAF LETTUCE