

Meal Plan: September 9-15, 2011

	Breakfast	Lunch	Dinner	Snack
Friday	<u>Omelet with Kale, Red Onion and Goat Cheese</u>	<u>PB + J "Sushi" + Broccoli Salad by The Neelys</u>	OUT	Trail Mix
Saturday	<u>Baked Blueberry and Peach Oatmeal</u>	Salad + Grilled Chicken + Grilled Peaches + Balsamic + Crumbled Feta	<u>Bacon-Wrapped Jalapeno Chicken Bites + Onion-Cheese Puffs</u>	<u>Caramelized Brandied Pears</u>
Sunday	<u>Red Kale and Cheese Omelet for Two</u>	<u>Curried Sweet Potato Latke</u>	<u>Seared Salmon with Oranges and Fennel</u>	Trail Mix
Monday	<u>Sweet Potato, Apple & Pancetta Hash</u>	<u>Shaved Fennel and Apple Salad</u> + Chicken Sausage Dogs + Whole Wheat	<u>Penne Pasta with Summer Roasted Vegetables and Basil Goat Cheese Sauce</u>	<u>Blueberry Pie Bars</u>
Tuesday	<u>Blueberry Cottage French Toast</u>	Salad + Grilled Chicken + Grilled Peaches + Balsamic + Crumbled Feta	<u>Pork with Sauteed Granny Smith Apples</u>	Trail Mix
Wednesday	<u>Granny Smith Apple Muffins</u>	<u>Karina's Sweet Potato Black Bean Enchilada</u>	<u>Russian Kale Pesto + Linguine + Grilled Shrimp</u>	<u>Caramelized Pear and Gruyere Torta</u>
Thursday	<u>Blueberry Zucchini Bread</u>	<u>Red Lentils and Kale with Coconut, Ginger and Crispy Shallots</u>	Salad + Grilled Chicken + Grilled Peaches + Balsamic + Crumbled Feta	Trail Mix

This Week's Basket: Granny Smith Apples, Blueberries, Broccoli, Fennel, Garlic, Red Russian Kale, Red Leaf Lettuce, Sweet Yellow Onions, SC Peaches, Pears, Yams, Yellow Squash