

# WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACK
FRIDAY	<a href="#">Broiled Grapefruit</a> + Hard Boiled Eggs	<a href="#">The Perfect Salad</a>	Grilled Chicken + <a href="#">Roasted Parmesan Parsnips</a>	Banana + PB
SATURDAY	<a href="#">Sweet Potato Banana Loaves</a>	<a href="#">Perfect Fall Salad</a> (with parsnips, apples, and baby greens)	<a href="#">Pork Tenderloin with Sauteed Apples and Leeks</a>	<a href="#">Crustless Mini Pies</a> (with butternut squash)
SUNDAY	Leftover <a href="#">Sweet Potato Banana Loaves</a>	<a href="#">Lamb with Green Peppers</a> + Mashed Sweet Potatoes	<a href="#">Mustard Greens with Chipotle and Bacon</a>	<a href="#">Giada's Toasted Poundcake with Citrus Cream</a>
MONDAY	<a href="#">Carrot Orange Smoothie</a> (use tangelos; add fresh or ground ginger)	<a href="#">The Perfect Salad</a>	Grilled Salmon + <a href="#">Sweet and Spicy Sweet Potatoes</a>	Frozen Grapes
TUESDAY	<a href="#">Sweet Potato and Edamame Hash</a>	<a href="#">Eggplant and Green Pepper Kugel</a>	<a href="#">Pork Chops with Shallots and Parsnips</a>	<a href="#">Gluten Free Apple, Ginger and Spice Scones</a>
WEDNESDAY	Leftover <a href="#">Gluten Free Apple, Ginger and Spice Scones</a>	<a href="#">Quinoa, Grapes + Spring Garlic</a>	<a href="#">Lemon and Cilantro Shrimp</a>	<a href="#">Maple Vanilla Roasted Pear Parfait</a>
THURSDAY	Leftover <a href="#">Maple Vanilla Roasted Pear Parfait</a>	<a href="#">The Perfect Salad</a>	<a href="#">Pasta with Pancetta and Leeks</a>	Frozen Grapes

This Week's Basket: Scallions, Mustard Greens, Macintosh Apples, Golden Tangelos, Parsnips, Bananas, Seedless Crimson Grapes, Leeks, Spring Mix, Green Peppers, Sweet Potatoes, Eggplant