

# WEEKLY MEAL PLANNER

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