

WEEK 1- Meal Guide

*Recipes available at wegmans.com
 **Learn more at wegmans.com/snacks

Super Sunrise Start



coming soon!

Wholesum Bar
(Also available in Family Pack)



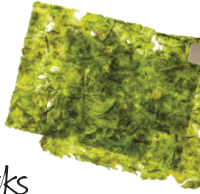
Kale-elujah! Roll

Apple slices topped with Cheddar



Scallops, Peas & Angel Hair Arrabbiata

Food You Feel Good About Seaweed Snacks



Breakfasts

Morning Snacks

Lunches

Afternoon Snacks

Dinners

Evening Snacks

Wild Mushroom, Spinach & Gruyere Egg Casserole* ½ grapefruit (Produce)	Food You Feel Good About Wholesum Bar (Nature's Marketplace)	Wegmans Kale-elujah! Roll Wegmans Cooked Edamame (Prepared Foods)	Pita Pockets**	Slow Cooked Spezzatino* 1 slice of Wegmans Pane Italian Bread (Bakery)	Watermelon Popsicle*
Super Sunrise Start*	Whole Grain Crackers, Organic Turkey, Cut Carrots with Hummus (Prepared Foods)	Spezzatino* 1 Wegmans Organic Whole Wheat Roll (Bakery)	Apple Slices topped with Cheddar**	Wegmans Penne with Tomato Sauce & Wegmans Seasoned Green Beans (Prepared Foods)	Food You Feel Good About Wholesum Bar (Nature's Marketplace)
Strawberry Banana Smoothie* with 1 Mini Whole Grain Bagel (Bakery)	Veggies & Roasted Red Pepper Hummus Fresh Snack Cup (Produce)	Wegmans Dan Dan Noodles Bowl (Prepared Foods)	Organic Rollup**	Cod & Veggie Spaghetti* Organic Steamable Brown Rice (Frozen Foods)	Frozen Banana Bites**
Wegmans Strawberry Greek Yogurt Parfait (Prepared Foods)	Banana Boat**	Kale Salad with Thai Peanut Sauce* 2 Wegmans Organic Mini Whole Grain Pita (Bakery)	Celery, Carrots, and Hummus Fresh Snack Cup (Produce)	Teriyaki Beef with Gai Lan* Organic Steamable Asian Brown Rice Blend	Organic Greek Yogurt Bark**
Food You Feel Good About Single Serve Steel Cut Oats, Apple, Cinnamon & Raisins (Frozen Foods) with Banana	Organic Greek Yogurt Buttons**	Wegmans Kale & Vegetable Dumplings (Prepared Foods)	Fiesta Peppers**	Organic Cashew Chicken with Mushrooms & Green Beans* Organic Steamable Jasmine Medley Rice (Frozen Foods)	Chips & Salsa (Grocery)
Hardboiled Food You Feel Good About Eggs (Dairy) Apple (Produce)	Organic Greek yogurt topped with Organic Granola**	Wegmans Organic Tomato Bisque (Prepared Foods) Wegmans Organic Multigrain Roll (Bakery)	Food You Feel Good About Wholesum Bar (Nature's Marketplace)	Scallops, Peas & Angel Hair Arrabbiata*	Wegmans Organic Fruit & Nut Trail Mix (Grocery)
Breakfast Cobbler*	Whole Grain Crackers, Apple Slices & Grapes with Organic Peanut Butter (Prepared Foods)	Food You Feel Good About Spicy Red Lentil Chili (Prepared Foods)	Mini Zucchini Pizzas**	Turkey Sage Meatloaf*	Food You Feel Good About Seaweed Snacks (Grocery)

This week I plan to:
