

WEEK 4-Meal Guide

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

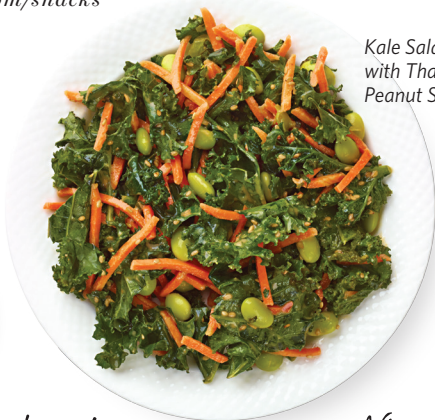
Wild Mushroom, Spinach & Gruyere Egg Casserole



Wegmans Organic Greek Yogurt topped with Wegmans Organic Granola



Kale Salad with Thai Peanut Sauce



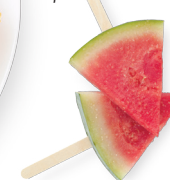
Mini Zucchini Pizzas



Spicy Thai Red Curried Mussels



Watermelon Popsicle



Breakfasts

Morning Snacks

Lunches

Afternoon Snacks

Dinners

Evening Snacks

Wild Mushroom, Spinach & Gruyere Egg Casserole* 1/2 grapefruit (Produce)	Food You Feel Good About Wholesum Bar (Nature's Marketplace)	Wegmans Kale-elulah! Roll Wegmans Cooked Edamame (Prepared Foods)	Pita Pockets**	Braised Beef Chuck Roast with Stew Vegetables* & 1 Slice Pane Italiano (Bakery)	Watermelon Popsicle*
Super Sunrise Start*	Whole Grain Crackers, Organic Turkey, Cut Carrots with Hummus (Prepared Foods)	Chuck Roast* 1 Wegmans Organic Rosemary Roll (Bakery)	Apple Slices topped with Cheddar**	Harvest Whole Wheat Pasta with Escarole & Butternut Squash*	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**	Spicy Thai Red Curried Mussels* with Special Blends Asian Salad Kit (Produce)	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)	Organic Sesame Garlic Beef Stir-Fry* with Organic Steamable Asian Brown Rice Blends (Frozen Foods)	Organic Greek Yogurt Bark**
Food You Feel Good About Single Serve Steel Cut Oats, Apple, Cinnamon & Raisins with Banana (Produce)	Organic Greek Yogurt Buttons**	Wegmans Kale & Vegetable Dumplings (Prepared Foods)	Fiesta Peppers**	Spicy Tofu Noodle Bowl* with Family Pack Seasoned Green Beans (Prepared 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)	Cod & Veggie Spaghetti* with Organic Steamable Brown Rice (Frozen Foods)	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**	Pork Pozole* with Yellow Corn Tortilla Chips (Grocery)	Seaweed Snacks (Grocery)

This week I plan to:
