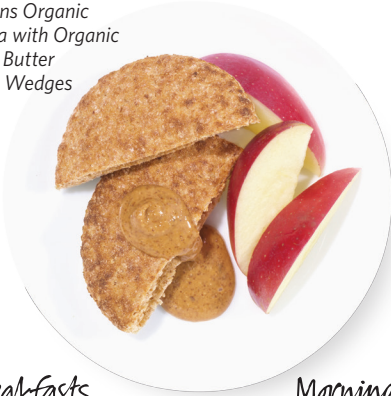


WEEK 6-Meal Guide

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

Wegmans Organic Mini Pita with Organic Almond Butter & Apple Wedges



coming soon!
 Wholesum Bar
 (Also available in Family Pack)



Breakfasts

Morning Snacks

Lunches

Afternoon Snacks

Dinners

Evening Snacks



Kale & Quinoa Cakes



Organic Rollup

Spicy Veggie Stir Fry with Tom Tom Sauce



Celery, Carrots, and Hummus Fresh Snack Cup



Crepes with Berries*	Food You Feel Good About Wholesum Bar (Nature's Marketplace)	Kale & Quinoa Cakes* with Roasted Red Pepper Sauce (Prepared Foods)	Pita Pockets**	Lo Mein Salad with Thai Peanut Sauce* with Family Pack Seasoned Broccoli	Fiesta Peppers**
Food You Feel Good About Fall Harvest Cereal (Grocery) with Organic Unsweetened Vanilla Almond Milk (Dairy)	Whole Grain Crackers, Apple Slices & Grapes with Organic Peanut Butter (Prepared Foods)	Savory Mushroom Soup* with 1 slice Marathon bread (Bakery)	Food You Feel Good About Wholesum Bar (Nature's Marketplace)	Spicy Veggie Stir-Fry with Tom Tom Sauce* & Organic Steamable Jasmine Medley Rice (Frozen Foods)	Sugar Snap Peas with Bean Dip**
Food You Feel Good About Single Serve Steel Cut Oats, Cinnamon & Brown Sugar with Diced Apple (Produce)	Organic Greek yogurt topped with Organic Granola**	Food You Feel Good About Tomato Bisque (Prepared Foods) with slice Miche Bread (Bakery)	Organic Rollup**	Garlic Parmesan Tilapia (Seafood) with Family Pack Seasoned Green Beans (Prepared Foods)	Food You Feel Good About Wholesum Bar (Nature's Marketplace)
Wegmans Organic Plain Greek Yogurt (Dairy) Food You Feel Good About Fall Harvest Cereal (Grocery)	Frozen Banana Bites**	Wegmans Hail Kale Caesar Salad (Prepared Foods)	Wegmans Garden Skinny Roll (Sushi Dept)	Rotisserie Chicken (Prepared Foods) with Mashed Potatoes with Gravy (Prepared Foods) & Roasted Leeks*	Celery, Carrots, and Hummus Fresh Snack Cup (Produce)
Wegmans Organic Mini Pita with Wegmans Organic Almond Butter & Organic Apple Wedges	Apple Slices topped with Cheddar**	3.5" Turkey Sub with Provolone & lettuce, tomato & mayo (Sub Shop)	Wegmans Organic Chicken Dumplings (Prepared Foods)	Perfect Portion Sirloin Steak (Meat Dept) with Shaved Brussels Sprouts* & Demi Glace Sauce (Prepared Foods)	Organic Greek Yogurt Bark**
Fresh Cut Fruit (Produce) with Petite Pastry (Bakery) & Organic Greek Yogurt	Banana Boat**	Wegmans Margarita Sushi Roll (Sushi Dept) with Seaweed Salad (Sushi Dept)	Organic Vegetable Barley Soup (Prepared Foods)	Pesto Salmon (Seafood Dept) with Mixed Florets (Prepared Foods)	Watermelon Popsicle*
Portabella Mushroom Quiche*	Prepared Snack Wrap	Special Blend Mediterranean Salad (Produce) with Salmon (Seafood)	Mini Zucchini Pizzas**	Sushi Dinner (Sushi Dept)	Organic Greek Yogurt Buttons**

This week I plan to:
