



parker's pouch



WEEK OF 1/6/14	BREAKFAST	LUNCH	DINNER	SHOPPING LIST
MONDAY	organic brown rice cereal w/ pears	organic barley w/ sweet potato	acorn squash & bananas	<ul style="list-style-type: none"> ✓ organic brown rice ✓ organic oatmeal ✓ organic barley ✓ vegetable broth ✓ pears ✓ bananas ✓ apples ✓ avocados ✓ organic frozen peaches ✓ prunes ✓ sweet potatoes ✓ acorn squash ✓ carrots ✓ organic frozen pears ✓ parsnips ✓ plain whole fat yogurt ✓ unsweetened, full-fat coconut milk ✓ boneless chicken breast ✓ ✓ ✓ ✓ ✓ ✓ ✓
TUESDAY	organic oatmeal w/ bananas	organic brown rice cereal w/ avocado	peas & carrots	
WEDNESDAY	organic brown rice cereal w/ apples	organic oatmeal cereal w/ acorn squash	avocado & bananas	
THURSDAY	organic barley cereal w/ avocado	organic brown rice cereal w/ carrots	parsnips & pears	
FRIDAY	organic brown rice cereal w/ peaches	organic barley w/ peas	plain yogurt w/ prunes & bananas	
SATURDAY	<u>apple and prune puree</u>	<u>my little sweet potato</u>	<u>butternut squash smoothie</u>	
SUNDAY	<u>apple pear barley cereal</u>	<u>avocado smoothie</u>	<u>apricot chicken</u>	
				SNACKS

MAKE AHEAD	
<ul style="list-style-type: none"> - Puree all individual items and freeze in 1-oz. freezer storage trays. - Grind brown rice, oatmeal & barley and store in pouches (for homemade cereals). 	