



Grain of the Day/Planetary Chart

	Grain	Planet	Recipe Idea
Sunday	Wheat	Sun	Muffins, Bread, Pancakes, Cereal
Monday	Rice	Moon	Rice Cream, Brown Rice, Rice Milk
Tuesday:	Barley	Mars	Warm Barley Cereal, Soup
Wednesday:	Millet	Mercury	Millet w/veggies, Millet Porridge
Thursday:	Rye	Jupiter	Bread, Swedish Rye Cookies
Friday:	Oats	Venus	Oatmeal, Cookies, "Oatloaf"
Saturday:	Corn	Saturn	Cornbread, Corncakes, Popcorn