**Healthy Winter Menu Plan #2:**

**From Mel’s Kitchen Café (www.melskitchencafe.com)**

***\*\*Note:*** *To access the recipes, hold down the CTRL key while clicking on the recipe title and a browser should open with the recipe.*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Fabulous Orange Chicken](http://www.melskitchencafe.com/2008/07/fabulous-orange-chicken.html)[Baked Brown Rice](http://www.melskitchencafe.com/2010/02/baked-brown-rice.html)or [Perfect Brown Rice](http://www.melskitchencafe.com/2013/02/mels-kitchen-tip-how-to-cook-perfect-brown-rice.html)*(Double and save one cup rice for Crispy Southwest Chicken Wraps on Tuesday)*Steamed Vegetable*Dessert:*[Healthy Applesauce Oat Muffins](http://www.melskitchencafe.com/2013/09/healthy-oats-and-applesauce-muffins.html) | [Smoky Corn Chowder](http://www.melskitchencafe.com/2013/11/smoky-corn-chowder.html)[Homemade Whole Wheat Bread](http://www.melskitchencafe.com/2010/03/delicious-whole-wheat-bread-two-recipes.html)Fresh Vegetables | [Crispy Southwest Chicken Wraps](file:///C%3A%5CUsers%5CAndersons%5CDesktop%5CCrispy%20Southwest%20Chicken%20Wraps)[Gourmet Green Salad](http://www.melskitchencafe.com/2010/05/gourmet-green-salad.html) | Leftover Night!*(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Chopped Taco Salad with Homemade Catalina Dressing](http://www.melskitchencafe.com/2013/07/chopped-taco-salad-with-homemade-catalina-dressing.html)Fresh Fruit | [Black Bean and Butternut Enchilada Skillet](http://www.melskitchencafe.com/2013/11/black-bean-and-butternut-enchilada-skillet.html)Fresh Fruit/Vegetables | [Baked Southwest Egg Rolls with Creamy Chipotle Dipping Sauce](http://www.melskitchencafe.com/2010/10/baked-southwest-egg-rolls-with-creamy-chipotle-dipping-sauce.html) Fresh Seasonal Fruit/Vegetables |

**Lightened up treat to make:**

[Healthy Banana Oat Snack Bars](http://www.melskitchencafe.com/2012/02/healthy-banana-oat-snack-bars.html)

**Breakfast Ideas:** For more breakfast ideas click [HERE](http://www.melskitchencafe.com/recipe-index/breakfast)

[Oatmeal Pancake Mix](http://www.melskitchencafe.com/2009/09/oatmeal-pancake-mix.html)

[Overnight Maple & Brown Sugar Oatmeal](http://www.melskitchencafe.com/2012/03/overnight-maple-brown-sugar-oatmeal.html)

[Baked Blueberry Pecan French Toast](http://www.melskitchencafe.com/2009/07/baked-blueberry-pecan-french-toast.html)

[Refrigerator Bran Muffins](http://www.melskitchencafe.com/2010/09/healthy-and-delicious-refrigerator-bran-muffins.html)

[Healthy Banana Bran Muffins](http://www.melskitchencafe.com/2012/06/healthy-banana-oat-bran-muffins.html)

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over [Yogurt](http://www.melskitchencafe.com/2013/01/diy-homemade-yogurt.html)

[Buttermilk Waffles](http://www.melskitchencafe.com/2008/02/classic-buttermilk-waffles-with-cheese.html) (made with all whole wheat flour)

[Baked Oatmeal](http://www.melskitchencafe.com/2009/07/baked-oatmeal.html)

Scrambled Eggs and Toast

French Toast (made with homemade bread)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

**Dry Goods (pasta, crackers, etc.)**

**Frozen:**