**Healthy Winter Menu Plan #3:**

**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** |
|  |  |  |  |  |  |  |
| [Tender Pork Chops with Caramelized Apples and Onion](http://www.melskitchencafe.com/2010/04/tender-pork-chops-with-caramelized-apples-and-onions.html)[Herb Roasted Potatoes](http://www.melskitchencafe.com/2010/08/herb-roasted-potatoes.html)[Gourmet Green Salad](http://www.melskitchencafe.com/2010/05/gourmet-green-salad.html) | [Spicy (Or Not) Chicken and Sweet Potato Soup](http://www.melskitchencafe.com/2011/11/spicy-or-not-chicken-and-sweet-potato-soup.html)Steamed Vegetable | [Chicken Caesar Salad Wraps](http://www.melskitchencafe.com/2012/07/chicken-caesar-salad-wraps.html)Fresh Seasonal Fruit/Vegetables | Leftover Night!*(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Teriyaki](http://www.melskitchencafe.com/2011/10/chicken-apple-sausage-couscous.html) Chicken Stir Fry[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) | [Meatball Soup With Pasta](http://www.melskitchencafe.com/2012/03/meatball-soup-with-pasta.html)[Whole Grain Banana Chocolate Chip Muffins](http://www.melskitchencafe.com/2013/10/whole-grain-banana-chocolate-chip-muffins.html) | [Smoked Turkey Club Panini](http://www.melskitchencafe.com/2011/06/smoked-turkey-club-panini.html)Fresh Seasonal Fruit/Vegetables |

**Lightened up treats to make:**

[Healthy Oatmeal Chocolate Chip Cookies](http://www.melskitchencafe.com/2011/09/healthy-oatmeal-chocolate-chip-cookies.html)

[Coconut and Cashew Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.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:**