**Healthy Winter Menu Plan #4:**

**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** |
|  |  |  |  |  |  |  |
| [Hoisin Chicken Rice Bowls](http://www.melskitchencafe.com/2009/07/hoisin-chicken-rice-bowls.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 rice for Oven Baked Chimichangas tomorrow)*  *Dessert:*  [Creamy 5-cup Fruit Salad](http://www.melskitchencafe.com/2011/01/creamy-5-cup-fruit-salad.html) | [Oven Baked Chimichangas](http://www.melskitchencafe.com/2010/06/oven-baked-chimichangas.html)  Fresh Vegetables  and  [Black Bean Hummus](http://www.melskitchencafe.com/2013/06/black-bean-hummus.html) | [BBQ Chicken Salad with Creamy BBQ Cilantro Lime Dressing](http://www.melskitchencafe.com/2011/02/bbq-chicken-salad-with-creamy-bbq-cilantro-lime-dressing.html)  Fresh Seasonal Fruit | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Black Bean and Pumpkin Chili](http://www.melskitchencafe.com/2011/11/black-bean-pumpkin-chili.html)  [Whole Wheat Dinner Muffins](http://www.melskitchencafe.com/2011/05/whole-wheat-dinner-muffins.html) | [Apple Stuffed Chicken Breasts](http://www.melskitchencafe.com/2012/05/apple-stuffed-chicken-breasts.html)  [Simple Rice Pilaf](http://www.melskitchencafe.com/2012/04/simple-rice-pilaf.html)  Steamed Vegetable | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html) with Whole Wheat Crust  Fresh Seasonal Fruit/Vegetables |

**Lightened up treat to make:**

[Healthy Banana Blueberry Muffins](http://www.melskitchencafe.com/2012/09/healthy-banana-blueberry-muffins.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:**