**Healthy Winter Menu Plan #1:**

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Pineapple Salsa Chicken](C:\\Users\\MEL\\AppData\\Local\\Temp\\Pineapple Salsa Chicken {Slow Cooker})  [{Slow Cooker}](C:\\Users\\MEL\\AppData\\Local\\Temp\\Pineapple Salsa Chicken {Slow Cooker})  *Dessert:*  [Roasted Fruit with Streusel Topping](http://www.melskitchencafe.com/2010/11/roasted-fruit-with-streusel-topping.html) | [Baked Tilapia with Ginger and Cilantro](http://www.melskitchencafe.com/2013/01/baked-tilapia-with-ginger-and-cilantro.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)  Steamed Broccoli or Asparagus | [Balsamic Chicken Noodle Bowl](http://www.melskitchencafe.com/2010/01/balsamic-chicken-noodle-bowl.html)  Steamed Veggie and/or Green Salad | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Asian Chicken Wraps](http://www.melskitchencafe.com/2010/06/asian-chicken-wraps.html)  With Whole Wheat Tortillas or Pitas | [Classic Tomato Soup (and Tuna Melts)](file:///C:\Users\MEL\AppData\Local\Temp\Classic%20Tomato%20Soup%20(and%20Tuna%20Melts!))  Fresh Fruit/Vegetables | [Healthy Baked Chicken Nuggets](http://www.melskitchencafe.com/2011/04/healthy-chicken-nuggets-baked.html)  Steamed Veggie and/or Green Salad |

**Lightened up treat to make:**

[Healthy Applesauce Carrot Muffins](http://www.melskitchencafe.com/2013/11/healthy-applesauce-carrot-muffins-a-k-a-carrot-cake-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:**