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.**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Pineapple Salsa Chicken {Slow Cooker}</td>
<td>Baked Tilapia with Ginger and Cilantro</td>
<td>Balsamic Chicken Noodle Bowl</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night…you get the idea!)</td>
<td>Asian Chicken Wraps</td>
<td>Classic Tomato Soup (and Tuna Melts)</td>
<td>Healthy Baked Chicken Nuggets</td>
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<td></td>
<td>Desert: Roasted Fruit with Streusel Topping</td>
<td>Steamed Veggie and/or Green Salad</td>
<td></td>
<td>Asian Chicken Wraps</td>
<td>With Whole Wheat Tortillas or Pitas</td>
<td>Fresh Fruit/Vegetables</td>
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<td></td>
<td>Steamed Broccoli or Asparagus</td>
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<td>Steamed Veggie and/or Green Salad</td>
</tr>
</tbody>
</table>

**Lightened up treat to make:**  
Healthy Applesauce Carrot Muffins

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

- Oatmeal Pancake Mix
- Overnight Maple & Brown Sugar Oatmeal
- Baked Blueberry Pecan French Toast
- Refrigerator Bran Muffins
- Healthy Banana Bran Muffins
- Granola over Yogurt
- Buttermilk Waffles (made with all whole wheat flour)
- Baked Oatmeal
- 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.)