

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pineapple Salsa Chicken [Slow Cooker] <i>Dessert:</i> Roasted Fruit with Streusel Topping	Baked Tilapia with Ginger and Cilantro Baked Brown Rice or Perfect Brown Rice Steamed Broccoli or Asparagus	Balsamic Chicken Noodle Bowl Steamed Veggie and/or Green Salad	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Asian Chicken Wraps With Whole Wheat Tortillas or Pitas	Classic Tomato Soup (and Tuna Melts) Fresh Fruit/Vegetables	Healthy Baked Chicken Nuggets Steamed Veggie and/or Green Salad

Lightened up treat to make:

[Healthy Applesauce Carrot Muffins](#)

Breakfast Ideas: For more breakfast ideas click [HERE](#)

[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:

Frozen:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)