

# Healthy Winter Menu Plan #1:

## From Mel's Kitchen Café ([www.melskitchencafe.com](http://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
<a href="#">Pineapple Salsa Chicken [Slow Cooker]</a>  <i>Dessert:</i> <a href="#">Roasted Fruit with Streusel Topping</a>	<a href="#">Baked Tilapia with Ginger and Cilantro</a>  <a href="#">Baked Brown Rice</a> or <a href="#">Perfect Brown Rice</a>  Steamed Broccoli or Asparagus	<a href="#">Balsamic Chicken Noodle Bowl</a>  Steamed Veggie and/or Green Salad	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">Asian Chicken Wraps</a>  With Whole Wheat Tortillas or Pitas	<a href="#">Classic Tomato Soup (and Tuna Melts)</a>  Fresh Fruit/Vegetables	<a href="#">Healthy Baked Chicken Nuggets</a>  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.)**