

## Healthy Winter Menu Plan #2: 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="#">Fabulous Orange Chicken</a>  <a href="#">Baked Brown Rice</a> or <a href="#">Perfect Brown Rice</a> <i>(Double and save one cup rice for Crispy Southwest Chicken Wraps on Tuesday)</i>  Steamed Vegetable  <i>Dessert:</i> <a href="#">Healthy Applesauce Oat Muffins</a>	<a href="#">Smoky Corn Chowder</a>  <a href="#">Homemade Whole Wheat Bread</a>  Fresh Vegetables	<a href="#">Crispy Southwest Chicken Wraps</a>  <a href="#">Gourmet Green Salad</a>	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">Chopped Taco Salad with Homemade Catalina Dressing</a>  Fresh Fruit	<a href="#">Black Bean and Butternut Enchilada Skillet</a>  Fresh Fruit/Vegetables	<a href="#">Baked Southwest Egg Rolls with Creamy Chipotle Dipping Sauce</a>  Fresh Seasonal Fruit/Vegetables

**Lightened up treat to make:**  
[Healthy Banana Oat Snack Bars](#)

**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.)**