

Healthy Winter Menu Plan #3: 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
Tender Pork Chops with Caramelized Apples and Onion Herb Roasted Potatoes Gourmet Green Salad	Spicy (Or Not) Chicken and Sweet Potato Soup Steamed Vegetable	Chicken Caesar Salad Wraps Fresh Seasonal Fruit/Vegetables	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Teriyaki Chicken Stir Fry Baked Brown Rice or Perfect Brown Rice	Meatball Soup With Pasta Whole Grain Banana Chocolate Chip Muffins	Smoked Turkey Club Panini Fresh Seasonal Fruit/Vegetables

Lightened up treats to make:

[Healthy Oatmeal Chocolate Chip Cookies](#)
[Coconut and Cashew Granola](#)

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.)