# 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.**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tender Pork Chops with Caramelized Apples and Onion</td>
<td>Spicy (Or Not) Chicken and Sweet Potato Soup</td>
<td>Chicken Caesar Salad Wraps</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</td>
<td>Teriyaki Chicken Stir Fry</td>
<td>Meatball Soup With Pasta</td>
<td>Smoked Turkey Club Panini</td>
</tr>
<tr>
<td>Herb Roasted Potatoes</td>
<td>Steamed Vegetable</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
<td></td>
<td>Baked Brown Rice or Perfect Brown Rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gourmet Green Salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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:

Meat/Cheese:

Frozen:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)