

Healthy Winter Menu Plan #4: 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
<p>Hoisin Chicken Rice Bowls</p> <p>Baked Brown Rice or Perfect Brown Rice</p> <p><i>(Double and save rice for Oven Baked Chimichangas tomorrow)</i></p> <p>Dessert: Creamy 5-cup Fruit Salad</p>	<p>Oven Baked Chimichangas</p> <p>Fresh Vegetables and Black Bean Hummus</p>	<p>BBQ Chicken Salad with Creamy BBQ Cilantro Lime Dressing</p> <p>Fresh Seasonal Fruit</p>	<p>Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i></p>	<p>Black Bean and Pumpkin Chili</p> <p>Whole Wheat Dinner Muffins</p>	<p>Apple Stuffed Chicken Breasts</p> <p>Simple Rice Pilaf</p> <p>Steamed Vegetable</p>	<p>Homemade Pizza with Whole Wheat Crust</p> <p>Fresh Seasonal Fruit/Vegetables</p>

Lightened up treat to make:

[Healthy Banana Blueberry 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.)