Month: April (Week 1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Mini Frittatas*	Oatmeal Pancakes* with Nitrate-Free Bacon	Organic Sprouted English Muffins with Fried Eggs	Sausage, Egg and Sweet Potato Breakfast Skillet*	Almond Flour Pumpkin Bars*	Banana Oat Breakfast Cookies* with Scrambled Eggs	Denver Omelet Cups*
L							
D	Beef kabobs* with Pan Roasted Asparagus*	Slow Cooker Chicken Tacos* with Guacamole*	Turkey Meatloaf* with Roasted Smashed Potatoes* and Innate Salad	Baked Fish Sticks* with Mango Quinoa Salad*	Taco Soup* (with a little innate salad mixed into the bowl before serving)	Italian Pot Pie* with a Salad	Hamburgers with Broccoli Salad*
Shopping I	List:						
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: April (Week 2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Southwestern Eggs*	Big Breakfast Fry- Up*	Blueberry Walnut Baked Oatmeal*	Mini German Pancakes*	Egg, Ham and Hashbrown Pie*	Breakfast Fajitas*	Almond Flour Pumpkin Bars*
L							
D	Slow Cooker Chicken Tacos*	Spaghetti Bolognese* with Innate Salad	Greek Style Chicken*	French Chicken* with Roasted Asparagus*	Ginger Beef with Mango Salsa* and Spinach Salad	Honey Chicken Kabobs* with Kale, Strawberry and Avocado Salad*	Lime and Coconut Chicken* with Fool-Proof Brown Rice* and Innate Salad
Shopping L	ist:						
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: April (Week 3)

\* indicates recipes located on website (www.webbwellness.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Carrot Millet Breakfast Cookies* with Scrambled Eggs	Breakfast Meatza*	Sausage Egg and Sweet Potato Breakfast Skillet*	Puff Oven Pancake*	Pineapple- Coconut Muffins* with Nitrate-Free Bacon	Southwestern Eggs*	Cinnamon Coffee Cake*
L							
D	BBQ Meatloaf Muffins* with Broccoli Salad*	Crockpot Beef Fajitas* with Guacamole* and Tomato Salsa*	Mini Taco Cups*	Sweet and Sour Pork Stir-Fry* and Fried Rice with Kale and Scallions*	Spatchcocked Chicken and Potatoes* with Innate Salad	Chicken and Salsa Skillet*	Meatloaf* with Sweet Potato Spears*
Shopping L	ist:						
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: April (Week 4)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Baked Oatmeal*	Blueberry Scones* with Scrambled Eggs	Big Breakfast Fry-up*	Gingerbread Spice Dutch Oven Pancake*	Egg, Ham and Hash brown Pie*	Mini German Pancakes*	Organic Sprouted Grain English Muffins with Eggs
L							
D	Crockpot Cheeseburgers* with Spinach Salad*	Meatza Pie*	Taco Soup* (with a little innate salad mixed into the bowl before serving)	Pecan Crusted Chicken* with Roasted Asparagus*	Grilled Chicken Tenders with Chipotle Sauce* and Sweet Potato Spears*	Southwestern Cobb Salad*	Spicy Honey Chicken* with Strawberry Spinach Salad*
Shopping Li	ist:						
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: April (Week 5)

* indicates recipes located on website (www.webbwellness.com)									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
В	Slow-Cooker Pear Oatmeal*	Carrot Millet Breakfast Cookies* with Scrambled Eggs	Hot Cross Pancakes — I found this recipe here: http://joythebaker.com/2013/03/hot-cross-pancakes/ They looked too good to pass up! I will use whole spelt flour, and organic buttermilk and cream cheese.	Sausage, Egg and Sweet Potato Breakfast Skillet*	Puff Oven Pancake*	Breakfast Fajitas*	Breakfast Burritos (I use nitrate-free breakfast sausage, scrambled eggs and raw shredded cheese)		
L									
D	Fajitas* (There are a few different recipes on the website)	Fire Roasted Tomato Chili*	Breakfast for Dinner	BBQ Cheddar Chicken Roll-ups*	Frank's Red Hot Chicken Salad*	Italian Pot Pie* and Broccoli with Parmesan*	Lasagna Tart*		
Shopping	List:								
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.		
	•	•		•	•				