Month: August (Week 1)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---|------------------------------|--|---|--|------------------------------------|-------------------------------------|
| В | Baked Oatmeal* | Big Breakfast Fry- up* | Blueberry Scones* with Scrambled Eggs | Egg Pancakes* | Organic Sprouted Grain English Muffins with Eggs- Over-Easy | Puff Oven Pancake* | Banana Oat Breakfast Cookies* |
| L | | | | | | | |
| D | Breakfast for Dinner (There's lots to choose from on the past recipes page!) | Grilled Chicken Burritos* | Flat Roast Chicken* with Orzo with Tomato and Basil* | Chicken, Bacon and Avocado Chopped Salad* | Beef Kabobs* with Chopped Greek Salad* | Meatloaf* with Zucchini Medley* | Pineapple Salsa Chicken* |
| Shopping | List: | | | | | | |
| Dairy | Meat | Fresh Produce | Frozen Foods | Canned Goods | Dry Goods | Spices | Misc. |
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Month: August (Week 2)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|---|---|---|--|--|-----------------------------------|---|
| В | Puff Oven Pancake* | Eggs Kevin* | Oatmeal Pancakes* with Sausage Patties | Ham Stir-Fry* | Southwestern Eggs* | Mini German Pancakes* | Chocolate Banana Muffins* with Scrambled Eggs |
| L | | | | | | | |
| D | Crunchy Coconut Chicken Fingers* with Tomato, Corn and Avocado Salad* | Spaghetti Bolognese* with a salad | Fajitas* (there are a few different recipes on the website) | Crockpot Cheeseburgers* and Summer Salad with Fresh Dill* | Chicken Paillards* with Roasted Green Beans* | Frank's Red Hot Chicken Salad* | Greek Style Chicken* with Greek Salad* |
| Shopping L | ist: | | | | | | |
| Dairy | Meat | Fresh Produce | Frozen Foods | Canned Goods | Dry Goods | Spices | Misc. |
| | | | | | | | |
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Month: August (Week 3)

| | | (www.webbweiiness.co | , | | | | |
|------------|--|--|---|-------------------------------------|--|----------------------------------|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| В | Peach Crisp Muffins* | Sausage, Egg and Sweet Potato Breakfast Skillet* | Paleo-Style Banana Bread French Toast* | Egg on Toast with Chipotle Mayo* | Breakfast Meatza* | Mini Frittatas* | Pumpkin Bars* with Scrambled Eggs |
| L | | | | | | | |
| D | Baked Fish Sticks* and Stuffed Zucchini with Potatoes* | Chicken, Bacon and Avocado chopped Salad* | Crockpot Cheeseburgers* with Summer Salad with Fresh Dill* | Grilled Chicken Burritos* | Bruschetta Chicken* with Sweet and White Potato Spears* | BBQ Cheddar Chicken Roll-ups* | Flank Steak with Salsa Verde* and Zucchini Medley* |
| Shopping I | List: | | | | | | |
| Dairy | Meat | Fresh Produce | Frozen Foods | Canned Goods | Dry Goods | Spices | Misc. |
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Month: August (Week 4)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|---|--|---|---|---------------------------------------|--|---|
| В | Banana Oat Breakfast Cookies* | Eggs on Toast with Chipotle Mayo, Bacon and Avocado* | Millet Muffins*with Nitrate-free Bacon | Mini Frittatas* | Eggs Kevin* | Puff Oven Pancakes* | Pineapple- Coconut Muffins* with Scrambled Eggs |
| L | | | | | | | |
| D | Spaghetti with Three Tomato Sauce* and Greek Salad* | Lime and Coconut Chicken* and Fried Rice with Kale and Scallions* and Innate Salad | Chuck Roast in Foil* and Innate Salad | Grilled Lemon- Parsley Chicken Breasts* and Stuffed Zucchini with Potatoes* | Italian Pot Pie* with Innate Salad | Chicken Paillards* with Corn, Tomato and Avocado Salad* | Turkey Burgers with Horseradish* and Sweet and White Potato Spears* |
| Shopping L | ist: | | | | | | |
| Dairy | Meat | Fresh Produce | Frozen Foods | Canned Goods | Dry Goods | Spices | Misc. |
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Month: August (Week 5)

| · indicates r | * indicates recipes located on website (www.webbwellness.com) | | | | | | | | |
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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
| В | Oatmeal pancakes* with Nitrate-free Bacon | Carrot Millet Breakfast Cookies* with Scrambled Eggs | Blueberry Walnut Baked Oatmeal* | Peach Crisp Muffins* with Scrambled Eggs | Denver Omelet Cups* | Southwestern Eggs* | Almond Flour Pumpkin Bars* | | |
| L | | | | | | | | | |
| D | Crockpot Beef Fajitas with Homemade Guacamole*, Fresh Summer Salsa* with Shredded Organic Raw Cheddar Cheese and Innate Salad in Sprouted Grain Tortillas. | Grilled Caprese Chicken* with Fresh Corn Salad* | Spicy Honey Chicken* with Tomato, Corn and Avocado Salad* | Baked Fish Sticks* with Zucchini Medley* | Beef Kabobs* with Innate Salad | Chili Pepper Chicken with Fruit Salsa* and Strawberry Spinach Salad* | Chili Pepper Chicken with Fruit Salsa* and Strawberry Spinach Salad* | | |
| Shopping Li | ist: | | | | | | | | |
| Dairy | Meat | Fresh Produce | Frozen Foods | Canned Goods | Dry Goods | Spices | Misc. | | |
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