Month: December (Week 1)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Organic Sprouted Grain English Muffins with Eggs	Puff Oven Pancakes* with Nitrate/Nitrite-Free Bacon	Cinnamon Coffee Cake*	Baked Eggs* with Organic Sprouted Grain Toast	Breakfast Fajitas*	Banana Blueberry Muffins*	Carrot Millet Breakfast Cookies* with Eggs
L							
D	Baked Fish Sticks* with Baked Spaghetti Squash*	Buffalo Chicken Chili* with Innate Salad	Garlicky Chicken Stew* with Innate Salad	French Chicken* with Sweet Potato Spears*	Unstuffed Bell Peppers* with Innate Salad	Turkey Shepherd's Pie*	Homestyle Veggie Beef Soup*

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: December (Week 2)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Peanut Butter Banana Grain-Free Pancakes*	Banana Oat Breakfast Cookies*	Egg Pancakes*	Blackberry Scones*	Millet Muffins* with Nitrate/Nitrite Free Bacon	Baked Eggs*	Organic Sprouted Grain English Muffins with Eggs
L							
D	Turkey and Bean Chili*	Spaghetti Carbonara* with brown rice pasta and innate salad	Asian Pot Roast* and innate salad	Balsamic Chicken* with Strawberry Spinach Salad*	Five Hour Oven Stew* with innate salad	Crockpot Beef Fajitas* with Homemade Guacamole*	Ten Hour Chicken* with Zucchini Medley*

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: December (Week 3)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Organic Cinnamon-Raisin Sprouted Grain English Muffins with Scrambled Eggs	Almond Butter Coconut Flour Muffins*	Slow-Cooker Pear Oatmeal*	Classic Almond Flour Drop Biscuits* with Nitrate/Nitrite Free Bacon	Puff Oven Pancakes*	Blueberry Buckwheat Pancakes* with Eggs or Nitrate/Nitrite Free Bacon	Organic Shredded Hashbrown Potatoes with Eggs
L							
D	Irish Beef and Stout Stew* (with Innate Salad mixed into the bowls before serving)	Breakfast for Dinner	Italian Pot Pie* with Innate Salad	Meatloaf* with Roasted Sweet Potatoes and Apples*	Sweet and Sour Pork Stir-Fry* with Fool-Proof Brown Rice* (we will add innate salad to the plates right along with the stir fry and rice-and mix it all together)	Meatza Pie* with Innate Salad	Taco Soup* (with Innate Salad mixed into the bowls before serving)

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: December (Week 4)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Carrot Millet Breakfast Cookies*	Egg on Toast with Chipotle Mayo, Bacon, and Avocado*	Millet Muffins* with Scrambled Eggs	Oatmeal Pancakes*	Christmas Traditions	Mini Frittatas*	Mini German Pancakes*
L							
D	Crockpot Cheeseburgers* with Sweet Potato Spears*	Baked Fish Sticks* with Jeweled Spaghetti Squash*	Buffalo Chicken Chili* (with innate salad mixed into the bowls before serving)	Christmas Eve Traditions	Christmas Traditions	Fiesta Chicken Soup* (with innate salad mixed into the bowls before serving)	Five Hour Oven Stew*

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: December (Week 5)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Almond Flour Pumpkin Bars*	Southwestern Eggs*	Baked Oatmeal*	Southwestern Eggs*	Organic Shredded Hash brown Potatoes with Eggs-Over-Easy	Puff Oven Pancake*	Chocolate Banana Muffins* with Scrambled Eggs
L							
D	Chuck Roast in Foil*	Garlicky Chicken Stew*	Maple Roast Chicken and Sweet Potatoes*	Homestyle Veggie Beef Soup* (with Innate Salad added to the bowls right before serving)	BBQ Meatloaf Muffins* with Roasted Pears and Sweet Potatoes*	Turkey Sweet Potato Shepherd's Pie*	Buffalo Chicken Chili* (with Innate Salad mixed right into the bowls)

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.