

Month: February (Week 1)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Southwestern Eggs*	Chocolate Banana Muffins* with Scrambled Eggs	Organic Sprouted Grain English Muffins with Fried Eggs	Blueberry Walnut Baked Oatmeal*	Classic Almond Flour Drop Biscuits* with Nitrate-Free Bacon	Egg, Ham and Hash Brown Pie*	Paleo chocolate chip scones* with scrambled eggs
L							
D	Taco Soup* (with innate salad mixed into the bowl before serving)	Breakfast for Dinner (There's lots of options on the website!)	Tortilla and Black Bean Pie*	Green Chicken* with Roasted Pears and Sweet Potatoes*	Spicy Pineapple Chili* (with innate salad mixed into the bowl before serving)	Spatchcocked Chicken and Potatoes* with Innate Salad	Winter Beef Stew*

Shopping List:

[illegible]

Month: February (Week 2)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Eggs Kevin* (I used quartered grape tomatoes this time)	Almond Flour Pumpkin Bars*	Mini Frittatas*	Mini German Pancakes*	Denver Omelet Cups*	Carrot Millet Breakfast Cookies*	Pumpkin Squares* with Scrambled Eggs
L							
D	Smoky White Bean Chicken Chili* (with innate salad mixed into the bowls before serving)	Fajitas* (There are a few different recipes for these on the website)	Pizza Meatloaf Cups* and Broccoli with Parmesan*	Fire Roasted Tomato Chili* (with innate salad mixed into the bowl before serving)	Indian Butter Chicken*	Jalapeno Mustard Roast Chicken* with Broccoli Salad*	Pecan Crusted Chicken* with Sweet Potato Spears*

Shopping List:

[illegible]

Month: February (Week 3)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Puff Oven Pancake*	Blueberry Walnut Baked Oatmeal* with Nitrate-Free Bacon	Blueberry Scones* with Scrambled Eggs	Denver Omelet Cups*	Almond Butter Coconut Flour Muffins*	Mini Frittatas*	Breakfast Meatza*
L							
D	Spicy Potato Soup* (with a little innate salad mixed in the bowl before serving)	Maple Roast Chicken and Sweet Potatoes*	Turkey Cobb Salad*	Winter Beef Stew*	Unstuffed Bell Peppers* with a Salad (there's a selection to choose from on the website)	Spaghetti Bolognese*	BBQ Cheddar Chicken Roll-ups*

Shopping List:

[illegible]

Month: February (Week 4)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Baked Oatmeal*	Puff Oven Pancake*	Banana Oat Breakfast Cookies*	Chocolate Banana Muffins* with Scrambled Eggs	Denver Omelet Cups*	Classic Almond Flour Drop Biscuits* with Eggs	Breakfast Cookies*
L							
D	Chocolate Chili* (with innate salad mixed into the bowls before serving)	Breakfast for Dinner	Spicy Potato Soup* (with innate salad mixed into the bowls before serving)	Greek Style Chicken* with Innate Salad added onto the pitas	Pizza Meatloaf Cups* with Strawberry Spinach Salad*	Garlicky Chicken Stew* with Innate Salad mixed into the bowls before serving	Chuck Roast in Foil* with Innate Salad

Shopping List:

[illegible]

Month: February (Week 5)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Puff Oven Pancake*	Oatmeal Pancakes* with Nitrite/Nitrate Free Bacon	Chocolate Banana Muffins* with Scrambled Eggs	Organic Sprouted Grain English Muffins with Eggs	Blueberry walnut baked oatmeal*	Slow Cooker Pear Oatmeal*	Carrot Millet Breakfast Cookies*
L							
D	Meatza Pies* with Innate Salad	Aromatic Beef Stew* with Innate Salad mixed into the bowls right before serving	Spaghetti Bolognese* with Organic brown rice pasta	Spicy Honey Chicken* with Spiced Sweet Potato Wedges and Innate Salad	Fajitas* with Guacamole* and Salsa* on Rudi's whole spelt tortillas (There are a couple different fajita recipes on the website)	Fire Roasted Tomato Chili* (with Innate Salad mixed in the bowls before serving)	Spatchcocked Chicken* with Broccoli Salad*

Shopping List:

[illegible]