

Month: January (Week 1)

\* indicates recipes located on website ([www.webbwellness.com](http://www.webbwellness.com))

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Organic Sprouted Grain English Muffins topped with mashed avocado (with a little lemon juice, salt and pepper mixed in) and halved cherry tomatoes	Puff Oven Pancake*	Chocolate Banana Muffins* with Eggs	Blueberry Baked Oatmeal*	Pumpkin Pucks*	Organic Shredded Hash Brown Potatoes with Eggs	Banana Oat Breakfast Cookies*
L							
D	Five-Hour Oven Stew* with Innate Salad* mixed into the bowls	Chocolate Chili*	Tortilla Soup (You can find this recipe here: <a href="http://www.thesistserscave.com/2011/04/sweet-chili-tortilla-soup">http://www.thesistserscave.com/2011/04/sweet-chili-tortilla-soup</a> ) We really like the taste of this soup. I actually had some of the tomato salsa in the fridge and we mixed it into the soup along with some Innate Salad, and it was really good! This time I used two of the dried chilies and added a lot more chicken.	Unstuffed Bell Peppers* with Innate Salad	Baked Fish Sticks* with Innate Salad	Amazing <i>Chili's</i> Fajitas* with Homemade Guacamole* (I will probably leave out the tomatoes, since they are no longer in season) and use homemade salsa in <i>Rudi's</i> Organic Whole Spelt Tortillas with Innate Salad (we put it right into the fajitas)	Maple Roast Chicken and Sweet Potatoes*

Shopping List:

[illegible]

Month: January (Week 2)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Organic Sprouted Grain English Muffins with Eggs	Healthy Pancakes* with Nitrite/Nitrate-Free Bacon	Blueberry scones* with scrambled eggs	Breakfast Burritos (For these I use a good quality, preferably free-range breakfast sausage, (Some Dierberg's stores carry Beeler's brand in the frozen section of the healthy food aisle, and you can also get it at the Whole Foods stores.) scrambled eggs, and shredded organic raw cheese wrapped in an organic whole spelt Rudi's brand tortilla. You can add anything else you like, but I keep it nice and simple	Blueberry walnut baked oatmeal*	Puff Oven Pancake* with free range nitrate/nitrite-free bacon	Chocolate banana muffins* (Our kids love these! I will often use white chocolate chips but use less than what is called for in the recipe.) with some kind protein- such as nitrate/nitrite-free bacon, eggs, or organic sausage links or patties.
L							
D	Spicy Honey Chicken Salad*	Irish Beef and Stout Stew* (with Innate Salad mixed into the bowls)	Taco Soup* with Innate Salad mixed into the bowls.	Spicy Potato Soup*	Buffalo Chicken Chili* (with Innate Salad mixed into the bowls)	Italian Pot Pie*	Flank Steak with Salsa Verde* with Innate Salad

### Shopping List:

[illegible]

Month: January (Week 3)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Organic sprouted grain English muffins (You can usually find these in the freezer section of the healthy food aisle at Dierberg's) with eggs	Denver Omelet Cups*	Puff Oven Pancakes*	Almond butter coconut flour muffins*	Egg pancakes*	Banana oat breakfast cookies*	Blueberry scones* with scrambled eggs
L							
D	Fire-Roasted Tomato Chili* with Innate Salad mixed into the bowls.	Spicy Potato Soup* and Innate Salad (You can also mix the salad right into the soup bowls)	Jalapeno Mustard Roast Chicken* with Cornbread and Innate Salad	Turkey Meatloaf* with Jeweled Spaghetti Squash*	French chicken* with roasted smashed potatoes* and innate salad	Spaghetti Bolognese* and broccoli with parmesan*	Chicken vegetable soup*

## Shopping List:

[illegible]

Month: January (Week 4)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Mini German Pancakes*	Denver Omelet Cups*	Pineapple-Coconut Muffins* with Scrambled Eggs	Grain-Free Granola* with almond milk yogurt	Slow Cooker Pear Oatmeal*	Strawberry Walnut Scones*	Breakfast Burritos (We use nitrate-free breakfast sausage, scrambled eggs, and raw cheese rolled up in sprouted grain tortillas)
L							
D	Turkey and Bean Chili* (with innate salad mixed into the bowls before serving)	Aromatic Beef Stew* (with innate salad mixed in)	Slow-Cooker Bacon Wrapped Apple Chicken* with Massage Kale Salad*	Mexican Chicken Soup* (with innate salad mixed into the bowls before serving)	Rotisserie Style Roast Chicken * with Roasted Sweet Potatoes and Apples*	Meatza Pies*	Italian Pot Pie* with Innate Salad

## Shopping List:

[illegible]

Month: January (Week 5)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Egg, Ham and Hash Brown Pie*	Almond Flour Pumpkin Bars*	Lemon-Poppy Coconut Flour Muffins* with Scrambled Eggs	Mini German Pancakes*	Southwestern Eggs*	Blueberry Walnut Baked Oatmeal*	Mini Frittatas*
L							
D	Chicken Parmesan* and Broccoli with Parmesan*	Spicy Pineapple Chili* (with innate salad mixed into the bowls before serving)	BBQ Chicken Pizza – For this I sauté some diced chicken in a little coconut oil. Once it is cooked through, I toss it with some BBQ sauce (our favorite is Bone Suckin’ Sauce) and set aside. I preheat the oven to 425 degrees and cover a sprouted grain pizza crust (Alvarado St. is the brand I use which I get through the Azure Standard food co-op) with additional BBQ sauce. Place chicken, diced red onion, chopped cilantro, 1 can of black beans (rinsed and drained), and raw shredded cheese on crust and bake for 10-15 minutes.	Homestyle Veggie Beef Soup*	Chuck Roast in Foil*	Chicken Fajitas* with Homemade Guacamole* and Sprouted Grain Tortillas	Breakfast for Dinner (Maybe Oatmeal Pancakes* and Nitrate-Free Bacon)

## Shopping List:

[illegible]