Month: July (Week 1)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Breakfast Meatza*	Eggs over easy with Sprouted grain English muffins	Puff oven pancake*	Big breakfast fry-up*	Cinnamon streusel muffins*	Southwestern Eggs*	Puff-Oven Pancake*
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D	Mini Taco Cups*	Crockpot Beef Fajitas*	Sweet and Spicy Glazed Chicken with Corn, Avocado and Blueberry Salsa*	Spaghetti Bolognese*	Summer time Chopped Salad*	Sausage Stuffed Zucchini Boats*	Spicy Honey Chicken Salad*
Shopping	List:						
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: July (Week 2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Paleo Chocolate Chip Scones*	Organic Sprouted Grain English Muffins with Eggs- Over-Easy	Pumpkin Squares*	Mini German Pancakes*	Sausage, Egg, and Sweet Potato Breakfast Skillet*	Egg, Ham and Hashbrown Pie*	Healthy Pancakes* with Nitrate-Free Bacon*
L							
D	Mini Taco Cups*	Grilled Chicken Caprese* with Stuffed Zucchini*	Turkey Cobb Salad*	Thai Chicken Quesadillas*	Slow-Cooker Chicken Tacos*	BBQ Cheddar Chicken Roll-ups*	Chicken Parmesan* and Broccoli with Parmesan*
Shopping L	ist:						
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Breakfast Burritos (Use scrambled eggs, organic nitrate-free breakfast sausage, shredded raw cheese and salsa in sprouted spelt tortillas)	Big Breakfast Fry-up*	Peach Crisp Muffins*	Mini Frittatas*	Eggs Kevin*	Denver Omelet Cups*	Cinnamor Coffee Cake*
L							
D	Crunchy Coconut Chicken Fingers (New Recipe) and Summer Salad*	Steak Fajitas with Guacamole* and Innate Salad	Spicy Honey Chicken* with Roasted Green Beans	Italian Pot Pie*	Southwestern Pasta Salad* with a Simple Cucumber Salad	BBQ Chicken Pizza (To make our BBQ chicken pizza, I start with a whole wheat pizza crust from Whole Foods and top it with our favorite "Bone Suckin" BBQ sauce. (You can only find this BBQ locally at Whole Foods, or online.) Meanwhile, I preheat the oven to 375?. I sauté cubed chicken breast with some southwest seasoning in a cast iron skillet until cooked through. Once the chicken is cooked, I add some BBQ sauce to the chicken, some diced red onion, chopped cilantro, and a can of black beans that has been rinsed and drained. I mix all that together. I top the pizza crust with the chicken mixture and then top that with shredded cheddar, Monterey jack, or a blend of both. (raw, organic cheese is best) Bake in the oven for about 15 minutes. I don't have the exact amount for the ingredients. I just go by sight and taste.) with Fresh Corn Salad	Spicy Honey Chicken Salad*
hopping							
airy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: July (Week 4)

, '	Tuesday	,	Thursday	Friday	Saturday	Sunday
Pancakes* (there are many variations on the website) with nitrate/nitrite free bacon	Open Face Egg, Bacon and Avocado Sandwiches on Organic Sprouted Grain English Muffins	Blueberry Scones* with Scrambled Eggs	Organic Sprouted Grain English Muffins with Fried Eggs	Southwestern Eggs*	Mini Frittatas*	Organic Shredded Hashbrown Potatoes with Eggs
Flank Steak with Salsa Verde* and Grilled Potatoes and Onions*	Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh*	Thai Chicken and Noodle Salad*	Honey Roasted Chicken*, Avocados and Strawberries with Honey Vinaigrette*, Broccoli Salad*	Ginger Beef with Mango Salsa* and Innate Salad	Greek Style Chicken* and Innate Salad	French Chicken* with Summer Salad*
ist:						
Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.
	many variations on the website) with nitrate/nitrite free bacon Flank Steak with Salsa Verde* and Grilled Potatoes and Onions*	Pancakes* (there are many variations on the website) with nitrate/nitrite free bacon Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Open Face Egg, Bacon and Avocado Sandwiches on Organic Sprouted Grain English Muffins Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh*	Pancakes* (there are many variations on the website) with nitrate/nitrite free bacon Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Pancakes* (there are many variations on the website) with Sandwiches on Organic Sprouted Grain English Muffins Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Onions* Flank Steak with Salsa Verde* and Onions*	Pancakes* (there are many variations on the website) with nitrate/nitrite free bacon Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh*	Pancakes* (there are many variations on the website) with nitrate/nitrite free bacon Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Pancakes* (there are many variations on the website) with nitrate/nitrite free bacon Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Bacon and Avocado Sandwiches on Organic Sprouted Grain English Muffins Blueberry Scones* with Grain English Muffins With Fried Eggs Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Thai Chicken and Noodle Chicken*, Avocados and Strawberries with Honey Vinaigrette*, Broccoli Salad* Ginger Beef with Mango Salsa* and Innate Salad Innate Salad Institute of the provided Grain English Muffins with Fried Eggs Flank Steak with Salsa Verde* and Grilled Parsley Chicken Breasts* with Quinoa Tabbouleh*	Pancakes* (there are many variations on the website) with nitrate/nitrite free bacon Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Quinoa Tabbouleh* Flank Steak with Quinoa Tabbouleh* Blueberry Scones* with Scrambled Eggs Blueberry Scones* with Scrambled Eggs Grain English Muffins With Fried Eggs Grain English Muffins With Fried Eggs Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Potatoes and Onions* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Grilled Lemon Parsley Chicken Breasts* with Quinoa Tabbouleh* Flank Steak with Salsa Verde* and Flank Steak With Honey Vinaigrette*, Broccoli Salad* Flank Steak with Salsa Verde* and Flank Steak With Fried Eggs Flank Stea

Month: July (Week 5)

* indicates re	* indicates recipes located on website (www.webbwellness.com)								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
В	Southwestern Eggs*	Carrot Millet Breakfast Cookies* with Scrambled Eggs	Peach Crisp Muffins* with Eggs	Mini Frittatas*	Healthy Pancakes* with Nitrate-free Bacon	Egg on Toast with Chipotle Mayo, Bacon and Avocado*	Puff Oven Pancake*		
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D	Chicken Fajitas* with Guacamole*	Thai Chicken and Noodle Salad*	Grilled Lemon Parsley Chicken Breasts* and Stuffed Zucchini*	Cheeseburgers with Raw Cheese and Zucchini Medley*	Bruschetta Chicken* with Quinoa Tabbouleh*	Grilled Chicken Tenders with Chipotle Sauce* and Tomato, Corn and Avocado Salad*	Steak Dry Rub with Avocado Salsa* and Innate Salad		
Shopping Li	st:								
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.		