Month: June (Week 1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Almond Flour Pumpkin Bars* with Scrambled Eggs	Denver Omelet Cups*	Chocolate Banana Muffins* with Eggs	Puff Oven Pancake* with Nitrate-Free Bacon	Lemon-Poppy Coconut Flour Muffins* with Eggs	Classic Almond Flour Drop Biscuits* with Homemade Sausage Patties	Lemon-Poppy Mini Muffins* with Eggs over Easy
L							
D	Lime and Coconut Chicken* with Massaged Kale Salad*	Spicy Honey Chicken* with Roasted Green Beans*	Taco Soup* with Innate Salad mixed into the bowls	Crockpot Beef Fajitas* with Guacamole* and Innate Salad (Use as a topping in the fajitas)	Flank Steak with Salsa Verde* and Roasted Smashed Potatoes* and Innate Salad	Turkey Cobb Salad*	Honey Chicken Kabobs* with Summer's Best BBQ Beans* and Innate Salad
Shopping		15 10 1				Loi	
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: June (Week 2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Blueberry Scones* with Scrambled Eggs	Mini Frittatas*	Baked Eggs and Organic Sprouted Grain Toast	Organic Sprouted Grain English Muffins topped with Mashed Avocado and halved cherry tomatoes and Nitrate-Free Bacon	Peach Crisp Muffins* with Homemade Sausage Patties	Denver Omelet Cups*	Organic Sprouted Grain English Muffins with Scrambled Eggs
L							
D	Bruschetta Chicken* with Greek Salad*	Free-Range Cheeseburgers (with raw cheese) and Summer Salad*	BBQ Cheddar Chicken Roll-ups* with Innate Salad	Chicken and Salsa Skillet*	Grilled Lemon Parsley Chicken Breasts* with Corn and Black Bean Quinoa Salad*	Ginger Beef and Mango Salsa* with Innate Salad	Spaghetti with Three Tomato Sauce* and Innate Salad
Shopping L	ist:						
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: June (Week 3)

maicates i	ecipes located on website (www.webbweiiness.co	m)				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Carrot Millet Breakfast Cookies* with Nitrate- Free Bacon	Classic Almond Flour Drop Biscuits* with Fried Eggs	Pumpkin Millet Muffins* with Hard Boiled Eggs	Healthy Pancakes* with Homemade Sausage Patties*	Blueberry Walnut Baked Oatmeal*	Breakfast Fajitas*	Cinnamon Streusel Muffins*
L							
D	French Chicken* with Green Bean Amandine*	Parmesan Chicken Tenders* and Broccoli with Parmesan*	Savory Tuna Burgers* with Massage Kale Salad*	Sweet and Sour Pork Stir-fry*	Frank's Red Hot Chicken Salad*	Pizza Meatloaf Cups* with Summer Salad*	Chili Pepper Chicken with Fruit Salad* and Innate Salad
Shopping L	ist:						
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: June (Week 4)

* indicates recipes located on website (www.webbwellness.com)								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
В	Almond Flour Pumpkin Bars*	Peach Crisp Muffins*	Southwestern Eggs*	Mini German Pancakes*	Eggs Kevin*	Mini Frittatas*	Big Breakfast Fry- Up*	
L								
D	Breakfast For Dinner	Chicken Parmesan* and Broccoli with Parmesan*	Beef Kabobs* with Innate Salad	Grilled Chicken Burritos*	Grilled Lemon Parsley Chicken Breasts* with Roasted Green Beans*	Slow Cooker Pulled Pork (I put a pork loin roast in the slow-cooker, pour a can of all-natural root beer over the top, and cook on low for 6-7 hours. Remove the roast, shred, drain and stir in one bottle of your favorite BBQ sauce. We like Bone Suckin' Sauce). And Broccoli Salad*	BBQ Meatloaf Muffins* with Sweet Potato Spears*	
Shopping Li	st:							
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.	

Month: June (Week 5)

" inaicates re	* Indicates recipes located on website (www.webbwellness.com)								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
В	Classic Almond Flour Drop Biscuits* with Eggs Over Easy	Carrot Millet Breakfast Cookies* with Scrambled Eggs	Blueberry Buckwheat Pancakes* with Nitrate- Free Bacon	Puff Oven Pancake*	Breakfast Meatza*	Baked Eggs in Bacon Rings*	Paleo chocolate chip scones* with scrambled eggs		
L									
D	Crockpot Cheeseburgers* with Strawberry Spinach salad*	BBQ cheddar roll- ups*	Fajitas* (there are a few different recipes on the website to choose from)	Sausage stuffed zucchini boats*	Spatchcocked Chicken and Potatoes*	Spicy Honey chicken* with New Orleans Coleslaw*, potato salad and peach and raspberry crumble*	Spaghetti with Three Tomato Sauce*		
Shopping Li	st:								
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.		