	March (Week 1) recipes located on website	(www.webbwellness.co	om)				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Carrot Millet Breakfast Cookies*	Organic Sprouted Grain English Muffins with Eggs Over Easy	Denver Omelet Cups*	Chia Seed Pudding*	Peach Crisp Muffins* with Scrambled Eggs	Tomato Frittatas*	Ham Stir Fry Breakfast*
L							
D	Thai Beef Tacos* with Innate Salad	Five Hour Oven Stew* with Innate Salad mixed into the bowls before serving	Chicken with Paprika Sauce* and Innate Salad	Turkey Sweet Potato Shepherd's Pie* with Innate Salad	Crock-pot Beef Fajitas* with Organic Sprouted Tortillas, Guacamole* and Tomato Salsa*	Doron's Meatballs* with Greek Salad*	Pecan-Crusted Chicken* with The New Waldorf Salad*
Shopping	List:	•	·				
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

	h: March (Week 2) cates recipes located on website (www.w	vebbwellness.com)					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Classic Almond Flour Drop Biscuits* with nitrate/nitrite-free bacon	2. Puff-Oven Pancake*	Blueberry Walnut Baked Oatmeal*	Chocolate Banana Muffins* with Scrambled Eggs	Breakfast Fajitas*	Cinnamon Streusel Muffins*	Baked Oatmeal*
L							
D	Pizza Pot Pies <u>http://ohjoy.blogs.com/my_web</u> <u>log/2011/06/make-it-pizza-pot-</u> <u>pies.html</u>	BBQ Meatloaf Muffins* with Innate salad	BBQ Chicken Pizza – To make this I use a sprouted grain pizza crust topped with BBQ sauce (our favorite is Bone Suckin' Sauce- You can buy it at Whole Foods.) For the toppings, I sauté diced chicken and then add some BBQ sauce to that until it is heated through. Top pizza with chicken, chopped cilantro, diced red onion, black beans (which have been drained and rinsed) and raw shredded cheese. Bake at 400? for 10-15 minutes.	Ginger Beef with Mango Salsa* and Innate Salad	Sweet and Sour Pork Stir-Fry* with Foolproof Brown Rice*	Southwest Layered Salad*	Flat Roast Chicken* with Greek Salad
Shop	oing List:	1			4		•
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Almond Flour Pumpkin Bars* with Scrambled Eggs	Carrot Millet Breakfast Cookies*	Eggs Kevin* (You can use quartered cherry tomatoes for this, too)	Puff Oven Pancake*	Healthy Pancakes* with Nitrate-Free Bacon	Classic Almond Flour Drop Biscuits* with Fried Eggs	Paleo Chocolate Chip Scones*
L							
D	Irish Beef and Stout Stew*	Mini Taco Cups* with a salad	Pizza Meatloaf Cups* and Broccoli with Parmesan*	Apple and Thyme Chicken* with Cornbread*	Chicken Vegetable Soup*	Corned Beef and Cabbage* with Irish Soda Bread*	Spicy Pineapple Chili* (you can mix some innate salad into your bowl right before eating)
Shopping I	list:					,	•
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Mini German Pancakes*	Millet Muffins* with Scrambled Eggs	Slow-Cooker Pear Oatmeal*	Breakfast Meatza*	Egg, Ham and Hashbrown Pie*	Southwestern Eggs*	Oatmeal Pancakes* with Nitrate-Free Bacon
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*	Fire Roasted Tomato Chili* (with Innate Salac mixed into the bowls before serving)
Shopping I	List:		1				
Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В	Eggs Kevin*	Mini German Pancakes* (I usually add some maple syrup to the batter before baking.)	Sausage, Egg and Sweet Potato Breakfast Skillet*	Yogurt Banana Splits*	Fluffy Blueberry Pancakes* with Nitrite-Free Bacon	Big Breakfast Fry- Up*	Carrot Millet Breakfast Cookies* with Scrambled Eggs
L							
D	Bruschetta Chicken* with Orzo with Tomatoes and Basil*	Cashew Chicken Lettuce Wraps*	Chicken Paillards* with Stuffed Zucchini*	Cherry Mustard Pork Chops* with Roasted Green Beans*	Spicy Honey Chicken Salad*	Thai Beef Tacos*	Sausage Stuffed Zucchini Boats*
hopping l	List:						
airy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.
							1