

Month: November (Week 1)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Oatmeal Pancakes* with Nitrate-Free Bacon	Slow Cooker Pear Oatmeal*	Mini German Pancakes*	Classic Almond Flour Drop Biscuits* with Eggs-Over-Easy	Mini Frittatas*	Blueberry Scones* with Scrambled Eggs	Cinnamon Coffee Cake*
L							
D	Chocolate Chili* (with Innate Salad mixed into the bowls before serving)	Salmon Cakes* with Sweet Potato Spears*	Fiesta Chicken Soup* (with Innate Salad mixed into the bowls before serving)	Five Hour Oven Stew*- Once again, we will stir the Innate Salad right into our bowls of stew.	Italian Pot Pie* with Innate Salad	Rotisserie Style Roast Chicken* with The New Waldorf Salad*	BBQ Meatloaf Muffins* with Roasted Sweet Potatoes and Apples*

Shopping List:

[illegible]

Month: November (Week 2)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B</b>	Organic Sprouted Grain English Muffins with Eggs	Banana Oat Breakfast Cookies*	Denver Omelet Cups*	Pumpkin Squares* with Scrambled Eggs	Egg Pancakes*	Espresso Banana Muffins* with Sausage	Pineapple-Coconut Muffins* with Nitrate-Free Bacon
<b>L</b>							
<b>D</b>	Sweet and Sour Pork Stir-Fry* with Foolproof Brown Rice*	Tortilla and Black Bean Pie* and Innate Salad	Spatchcocked Chicken with Potatoes* and Innate Salad	Fajitas* (There are a few different fajita recipes on the website) with sprouted grain tortillas and homemade guacamole*	Italian Pot Pie* with a simple salad	Balsamic Chicken* with Oven-Roasted Sweet Potatoes	Fire Roasted Tomato Chili* with Innate Salad mixed into the bowls before serving

Shopping List:

[illegible]

Month: November (Week 3)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Almond Flour Biscuits* with Sausage Links	Almond Flour Pumpkin Bars*	Organic Shredded Hashbrown Potatoes with Eggs	Southwestern Eggs*	Cinnamon Coffee Cake*	Slow Cooker Pear Oatmeal*	Banana Chocolate Chip Muffins*
L							
D	Spicy Potato Soup* with Innate Salad mixed into the bowls before serving	Turkey and Bean Chili* with Innate Salad mixed into the bowls before serving	Frank's Red Hot Chicken Salad*	Goulash with Macaroni* with Innate Salad	Apple and Thyme Chicken* with Innate Salad	Spatchcocked Chicken and Potatoes* and Innate Salad	Pecan-Crusted Chicken* with Cauliflower Mock Mashed Potatoes*

Shopping List:

[illegible]

Month: November (Week 4)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Blueberry Walnut Baked Oatmeal*	Almond Butter Coconut Flour Muffins*	Breakfast Burritos* Organic Sprouted Grain	Puff Oven Pancake*	English Muffins with Eggs-Over-Easy Mini Frittatas*	Scrambled Eggs with Nitrate-Free Bacon	Banana Oat Breakfast Cookies*
L							
D	BBQ Cheddar Chicken Roll-Ups* (with innate salad added)	Chicken Vegetable Soup* (with innate salad added to the bowls right before serving)	BBQ Meatloaf Muffins* with Cauliflower Mashed Potatoes*	Here are some ideas for Thanksgiving: Sugar and Spice Cured Turkey*, Cornbread Dressing*, Cranberry Sauce*, Green Bean Amandine*, Sweet Potato Pecan Casserole*, Pumpkin Pie*, Pumpkin Gingerbread Cake with Maple Vanilla Frosting*	Left-overs!	Baked Fish Sticks* with Sweet Potato Spears*	French Chicken* with Innate Salad

## Shopping List:

[illegible]

Month: November (Week 5)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B</b>	Banana Chocolate Muffins* with Scrambled Eggs	Almond Flour Pumpkin Bars*	Organic Shredded Hashbrown Potatoes with Eggs-Over-Easy	Baked Oatmeal*	Strawberry Walnut Scones*	Blueberry Buckwheat Pancakes* with Nitrate-Free Bacon	Southwestern Eggs*
<b>L</b>							
<b>D</b>	Spicy Potato Soup* with Innate Salad mixed into the bowls before serving	Parmesan Chicken Tenders* with Steamed Broccoli and Brown Rice Noodles	Buffalo Chicken Chili* with Innate Salad mixed in the bowls	Taco Soup* with Innate Salad mixed into the bowls before serving	Spaghetti Bolognese*	Chicken with Paprika Sauce* over whole wheat egg noodles	Winter Beef Stew* with Innate Salad mixed into the bowls before serving

Shopping List:

[illegible]