

Month: October (Week 1)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Blueberry Walnut Baked Oatmeal*	Organic Shredded Hashbrown Potatoes with Eggs	Breakfast Fajitas*	Organic Sprouted Grain English Muffins with Eggs	Healthy Pancakes* with Nitrate/Nitrite Free Bacon	Millet Muffins* with Scrambled Eggs	Blueberry Walnut Baked Oatmeal*
L							
D	Indian Butter Chicken* with Foolproof Brown Rice*	Greek Style Chicken with Pickled Onions, Tomatoes, and Tzatziki on Whole Grain Pitas with Innate Salad	Penne with Pumpkin Sauce* and Innate Salad	Mexican Chicken Soup*	Turkey Sweet Potato Shepherd's Pie*	Chuck Roast in Foil*	French Chicken* with Baked Squash and Apples*

Shopping List:

[illegible]

Month: **October (Week 2)**

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>B</b>	Peanut Butter Banana Grain-Free Pancakes*	Carrot Millet Breakfast Cookies*	Egg Pancakes*	Puff Oven Pancakes* with Nitrate/Nitrite Free Bacon	Organic Sprouted Grain English Muffins with Eggs	Blueberry Buckwheat Pancakes* with Scrambled Eggs	Slow-Cooker Pear Oatmeal*
<b>L</b>							
<b>D</b>	Fajitas (I like to make the fajitas with the spicy honey chicken*, or use the fajita seasoning from Penzey's) with guacamole and organic tortilla chips. (We put the innate salad right into our fajitas.)	Southwest Chicken Pot Pie	Taco Soup* with Innate Salad mixed in	Unstuffed Bell Peppers* with Innate Salad	White Chili with Chicken* (We mix the innate salad into our bowls of chili.)	Taco Soup* with Innate Salad mixed in	Breakfast for Dinner – Oatmeal Pancakes* with Bacon

Shopping List:

[illegible]

Month: October (Week 3)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Banana Oat Breakfast Cookies*	Almond Flour Pumpkin Bars*	Eggs Kevin*	Classic Drop Almond Flour Biscuits* with Scrambled Eggs	Organic Frozen Hashbrown Potatoes with Eggs and Nitrate/Nitrite-Free Ham	Blueberry Baked Oatmeal*	Organic Sprouted Grain English Muffins with Almond Butter and Honey and Eggs
L							
D	Spaghetti Bolognese*	Bison Burgers with Grilled Zucchini and Squash*	Fire-Roasted Tomato Chili*	Chicken Vegetable Soup*	Garlicky Chicken Stew*	Maple Roast Chicken and Sweet Potatoes*	Meatza Pies* with Zucchini Medley*

Shopping List:

[illegible]

Month: October (Week 4)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Almond Butter Coconut Flour Muffins*	Organic Sprouted Grain English Muffins topped with Mashed Avocado (with a little lemon juice, salt and pepper) and Cherry Tomatoes, Halved with Nitrate/Nitrite-Free Bacon	Breakfast Burritos using Rudi's Organic Whole Spelt Tortillas, Scrambled Eggs, Homemade Turkey Sausage, Shredded Cheese and Salsa	Puff Oven Pancakes*	Oatmeal Pancakes* with Eggs	Organic Frozen Shredded Potatoes with Eggs	Southwestern Eggs*
L							
D	Spicy Honey Chicken Salad*	Five Hour Oven Stew*	Spaghetti Bolognese*	Spatchcocked Chicken and Potatoes* with Innate Salad	Pizza Pot Pies – We really enjoy these, and I like to use the pre-made whole wheat pizza dough from Whole Foods, or make my own. Here is a link where you can find this recipe: <a href="http://ohjoy.blogs.com/my_weblog/2011/06/make-it-pizza-pot-pies.html">http://ohjoy.blogs.com/my_weblog/2011/06/make-it-pizza-pot-pies.html</a>	Ten Hour Chicken* with Sweet Potato Spears*	Italian Pot Pie* with Greek Salad*

Shopping List:

[illegible]

Month: October (Week 5)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Banana-Oat Breakfast Cookies*	Denver Omelet Cups*	Blueberry Walnut Baked Oatmeal*	Mini Frittatas*	Oatmeal Pancakes* with Nitrate-Free Bacon	Cinnamon Streusel Muffins* with Eggs Over Easy	Pumpkin Millet and Chocolate Muffins* with Scrambled Eggs
L							
D	Savory Tuna Burgers* with Roasted Pears and Sweet Potatoes*	Fiesta Chicken Soup* (We mix in the Innate Salad right into the bowls)	Spicy Potato Soup*	BBQ Cheddar Chicken Roll-ups*	Goulash with Macaroni*	Sausage Stuffed Zucchini Boats* with Innate Salad	Fire-Roasted Tomato Chili* with Innate Salad mixed into the bowls

Shopping List:

[illegible]