Month: September (Week 1)

** indicates recipes located on website (www.webbwellness.com)*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Classic Almond Flour Drop Biscuits* with Scrambled Eggs	Pumpkin Pucks*	Organic Hash brown Potatoes with Eggs Over Easy	Baked Oatmeal*	Eggs Kevin*	Breakfast Fajitas*	Slow Cooker Pear Oatmeal*
L							
D	White Chili with Chicken* with Innate Salad mixed into the bowls	Baked Fish Sticks* with Roasted Sweet Potatoes and Apples*	Cheeseburgers* with Baked Zucchini Sticks*	Buffalo Chicken Chili* with Innate Salad mixed into the bowls	Chicken Vegetable Soup*	Pecan Crusted Chicken* with Zucchini Medley*	Aromatic Beef Stew*

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: September (Week 2)

** indicates recipes located on website (www.webbwellness.com)*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Organic Sprouted Grain English Muffins with Eggs-Over-Easy	Southwestern Eggs*	Puff-Oven Pancake*	Blueberry Baked Oatmeal* with Nitrate-Free Bacon	Breakfast Burritos (We like to use breakfast sausage, scrambled eggs, shredded raw cheese and salsa wrapped in sprouted grain tortillas)	Chocolate Banana Muffins* with Scrambled Eggs	Almond Flour Pumpkin Bars*
L							
D	Maple Roast Chicken and Sweet Potatoes*	Chicken Parmesan* with Broccoli with Parmesan*	Spicy Potato Soup* with Innate Salad mixed into the bowls	Chicken Fajitas* using sprouted grain tortillas with Homemade Guacamole*	Taco Soup* with Innate Salad mixed into the bowls	Irish Beef and Stout Stew* with Innate Salad mixed into the bowls	Fire Roasted Tomato Chili* with Innate Salad mixed into the bowls

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: September (Week 3)

** indicates recipes located on website (www.webbwellness.com)*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Puff Oven Pancake*	Mini Frittatas*	Organic Shredded Hash brown potatoes with Eggs	Breakfast Burritos	Organic Sprouted Grain English Muffins with Eggs	Nitrate-Free Bacon and Eggs	Pumpkin, Millet, and Chocolate Muffins* with Scrambled Eggs
L							
D	Meatloaf* with Zucchini Medley*	Turkey and Bean Chili* (We like to stir the Innate Salad right into our bowls of chili.)	Pecan Crusted Chicken* and Summer Salad with Fresh Dill*	Indian Butter Chicken* with Fool-Proof Brown Rice*	Breakfast for Dinner	Grilled Chicken Tenders with Chipotle Sauce* and Stuffed Zucchini*	Taco Soup* (We like to mix the Innate Salad into the bowls)

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: September (Week 4)

** indicates recipes located on website (www.webbwellness.com)*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Puff Oven Pancakes*	Banana Oat Breakfast Cookies*	Breakfast Fajitas*	Organic Sprouted Grain English Muffins with Eggs	Slow Cooker Pear Oatmeal* (I love this stuff! It is SO easy to make, and it's ready to go when you wake up.)	Almond Butter Coconut Flour Muffins*	Millet Muffins* with Scrambled Eggs
L							
D	Chuck Roast in Foil * with Potatoes and Carrots	Spicy Potato Soup* (The slight chill in the air this week is putting me in the mood for some soup. This is one of my favorites because it tastes great and is really easy to make.)	Spaghetti with Three Tomato Sauce*	Savory Chicken Saute* with Tomato, Corn and Avocado Salad*	Amazing Chili's Fajitas* with Guacamole* and Fresh Summer Salsa*	Pretzel Crusted Chicken Fingers* with Roasted Green Beans*	Spicy Honey Chicken* with Fresh Corn Salad*

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.

Month: September (Week 5)

** indicates recipes located on website (www.webbwellness.com)*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Puff Oven Pancake with Scrambled Eggs	Slow Cooker Pear Oatmeal* (This is also very good with apples.)	Almond Butter Coconut Flour Muffins*	Blueberry Walnut Baked Oatmeal*	Breakfast Cookies*	Baked Eggs*	Pumpkin Squares* with Scrambled Eggs
L							
D	Flank Steak with Salsa Verde* with Zucchini and Squash Gratin	Thai Chicken and Noodle Salad*	Turkey Cobb Salad*	Taco Soup*	Roasted Chicken Noodle Soup*	Amazing Chicken Fajitas* with guacamole* and Rudi's organic whole spelt tortillas	Apple and Thyme chicken* with Innate Salad

Shopping List:

Dairy	Meat	Fresh Produce	Frozen Foods	Canned Goods	Dry Goods	Spices	Misc.