Month: May (Week 1)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Paleo Banana Bread French Toast*	Big Breakfast Fry-up*	Breakfast Meatza*	Eggs Kevin* (Use cherry tomatoes cut in half if they look the best.)	Mini Frittatas*	Egg Pancakes*	Sausage, egg and sweet potato breakfast skillet*
L							
D	Beef kabobs*	Chili Chicken Tacos*	Flat Roast Chicken* with Roasted Green Beans*	Grilled lemon parsley chicken breasts* with Strawberry spinach salad*	Italian Pot Pie* with Innate Salad	Ginger beef with mango salsa* and mango quinoa salad*	Spicy honey chicken* with summer salad*

Shopping List:

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

Month: May (Week 2)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Mini German pancakes*	Oatmeal pancakes* with nitrate-free bacon	Southwestern eggs*	Eggs on toast with chipotle may, bacon and avocado*	Cinnamon Streusel Muffins*	Strawberry walnut scones*	Pumpkin Bars* with Nitrate-Free Bacon
L							
D	Arroz con pollo*	BBQ cheddar chicken roll-ups* with innate salad	Buffalo chicken chili*	Crockpot beef fajitas* with homemade guacamole*	Sweet Pulled Pork Tacos*	Breakfast for Dinner – There is lots of ideas to choose from on the website!	Spatchcocked Chicken and Potatoes* with Innate Salad

Shopping List:

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

Month: May (Week 3)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Blueberry Baked Oatmeal*	Gingerbread Spice Dutch Oven Pancake*	Blueberry Scones* with Scrambled Eggs	Breakfast Fajitas*	Breakfast Meatza*	Big Breakfast Fry-Up*	Millet Muffins* with Eggs
L							
D	Pineapple Chili*	Southwest Chicken Pot Pie*	Pecan Crusted Chicken* with Cauliflower Mashed Potatoes*	BBQ Meatloaf Muffins* with Mashed Potatoes and Innate Salad	Italian Pot Pie* with Innate Salad	Chicken and Salsa Skillet*	Southwestern Cobb Salad*

Shopping List:

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

Month: May (Week 4)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Organic Sprouted Grain English Muffins with Eggs	Blueberry Buckwheat Pancakes* with Nitrate-free Bacon	Breakfast Cookies*	Denver Omelet Cups*	Classic Almond Flour Drop Biscuits* with Eggs	Yogurt Banana Splits*	Chocolate Banana Muffins* with Scrambled Eggs
L							
D	Beef Kabobs* with Innate Salad	Ginger Beef with Mango Salsa* and Mango Quinoa Salad*	Spicy Honey Chicken* with Strawberry Spinach Salad*	Cobb Salad with Green Goddess Dressing	Crockpot Beef Fajitas* with guacamole* and Innate Salad	Chicken with Paprika Sauce* and Innate Salad	Chicken Parmesan* and Broccoli with Parmesan*

Shopping List:

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

Month: May (Week 5)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	Blueberry Baked Oatmeal*	Banana Blueberry Muffins*	Pumpkin Squares* with Homemade Sausage Patties*	Egg Pancakes*	Mini Frittatas*	Organic Sprouted Grain English Muffins with Eggs	Cinnamon Streusel Muffins*
L							
D	Flank Steak with Salsa Verde* with Sweet and White Potato Spears* and Innate Salad	Grilled Chicken Tenders with Chipotle Sauce* and Greek Salad*	Goulash with Macaroni* and Innate Salad	Flat Roast Chicken* with Pan Roasted Asparagus*	Meatza Pies* with Massage Kale Salad*	Fish Nuggets* and Broccoli with Parmesan*	Italian Pot Pie* with Greek Salad*

Shopping List:

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