



4 Week Menu Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<p>B - Raspberry Muffins L - Cheese quesadillas (with homemade tortillas) with any of salsa/ guacamole/sour cream D - Roast chicken and root vegetables</p>	<p>B - Soaked oatmeal with honey and milk L - Cucumber and cheese sandwiches D - Winter Minestrone with homemade buns</p>	<p>B - Scrambled eggs with whole grain toast L - Soup leftovers D - Salmon cakes, baked yam fries and steamed seasonal vegetables</p>	<p>B - Homemade yogurt with frozen/fresh blueberries and choice of favorite nuts L - Sourdough crackers, cheese slices, dill pickles D - Pasta with homemade tomato sauce and Pear and Bleu Cheese Salad</p>	<p>B - Cream of Wheat L - Black Bean Wraps D - Homemade pizza</p>	<p>B - Waffles with fresh or frozen fruit L - Salmon melts D - Beef Stew with biscuits</p>	<p>B - Fried eggs, nitrate-free sausage or bacon, and Rosemary Roasted Hash Browns L - Leftovers D - Crockpot Broccoli and Beef over rice (or quinoa or millet)</p>
Week 2	<p>B - Spiced Pumpkin Muffins with Streusel Topping L - Mexican Beans and Rice D - Chicken pot pie with seasonal vegetables</p>	<p>B - Overnight Apple Cinnamon Baked Oatmeal L - Curried Chicken Sandwiches D - Spud Special Soup</p>	<p>B - South-western Egg Scramble with toast L - Leftover soup D - Fish Tacos</p>	<p>B - Peanut Butter Smoothies L - Hummus Platter D - Sweet Potato and Black Bean Burritos</p>	<p>B - Homemade granola with milk L - Nut butter and jam/jelly sandwiches with fresh fruit D - Taco Salad</p>	<p>B - Baked Pull-Apart Pumpkin French Toast with maple syrup L - Grilled Veggie Sandwiches D - Shepherd's Pie and Broccoli Salad</p>	<p>B - Farmer's Breakfast Hash L - Leftovers D - Crockpot Beef BBQ Ribs, baked potatoes and seasonal vegetables</p>
Week 3	<p>B - Blueberry Crumb Muffins L - Bean Bowls D - Chicken and dumplings, green salad</p>	<p>B - Soaked oatmeal with honey and milk L - Sliced meat, lettuce, and cheese sandwiches D - Cream of Tomato Soup with grilled cheese sandwiches</p>	<p>B - Herb-Baked Eggs with toast L - Leftover soup D - Fish Coconut Curry over brown rice with Savory Carrot Salad</p>	<p>B - Homemade yogurt with soaked granola L - Black Bean and Avocado Salad with organic corn chips D - Lasagna Casserole with Caesar Salad</p>	<p>B - Baked Oatmeal L - Croque-Monsieur with raw veggie platter D - Cheddar Ranch Burgers and Baked French Fries</p>	<p>B - Oatmeal Whole Wheat Pancakes with berries and freshly whipped cream L - Sloppy Joes D - Marinated Flank Steak with baked potatoes and seasonal sauteed vegetables</p>	<p>B - Apple, Bacon, Cheddar Frittata L - Leftovers D - Soft tacos made with Crockpot Shredded Beef</p>
Week 4	<p>B - Cranberry and Pecan Oatmeal Muffins L - Creamy Mac and Cheese with raw veggie platter D - Honey Mustard Chicken, roasted potatoes, Italian salad</p>	<p>B - Soaked steel-cut oatmeal with honey, milk, raisins and cinnamon L - Grilled Steak Gyros D - Garden Chowder with green salad</p>	<p>B - Breakfast Sandwiches-toast, fried eggs, cheese and homemade mayo L - Leftover soup D - Simple Baked Salmon, Spinach Rice Casserole, sauerkraut</p>	<p>B - Green Smoothie with leftover muffins or toast L - Fruit and Yogurt Delight D - Chicken Curry over rice, Sweet Fruit Chutney on side</p>	<p>B - Almond Crunch Coffee Cake and fresh or home-canned fruit L - Tuna Salad Sandwiches, carrot sticks and red pepper strips D - Chili with soaked cornbread</p>	<p>B - Crepes with cottage cheese filling L - Turkey Avocado Salsa Panini D - Perfect Pot Roast with Carrots and Onions, Rustic Garlic Mashed Potatoes</p>	<p>B - Nourishing Wife-Saver Breakfast Casserole L - Leftovers D - Crockpot Beans and Rice</p>

Find the links for all of these recipes at <http://www.keeperofthehome.org/4-weeks-of-meal-plans>