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

Find the links for all of these recipes at [http://www.keeperofthehome.org/4-weeks-of-meal-plans](http://www.keeperofthehome.org/4-weeks-of-meal-plans)