

Home

Formerly Joan's Pointed Plate

Rise and Shine Suburban Homestead

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"Healthy eating isn't about counting fat grams, dieting, cleanses and antioxidants; it's about eating food untouched from the way we find it in nature in a balanced way"

-Pooja Mottl

Scroll to the bottom to find social media links, email and other important information

The Latest...

Nov 3-Nov 9 Menu

[Print Weekly Menu](#)

Sunday November 3

- Breakfast -Breakfast at Church
- Lunch – ?
- Dinner – BBQ Chicken, [Crispy Smashed Potatoes](#), Veg

Monday November 4

- Breakfast – Breakfast Sandwich
- Lunch – Tuna
- Dinner – [Habachi Steak](#), Fried Rice

Tuesday November 5

- Breakfast – Eggs, Sausage, Toast
- Lunch – Picky Plate – meat, veg, cheese, nuts, fruit
- Dinner – [Garlic, Spinach and Sausage Pasta](#)

Wednesday November 6

- Breakfast – [Bagel](#), Cream Cheese
- Lunch – Picky Plate – meat, veg, cheese, nuts, fruit
- Dinner – [Chicken Bundles](#), [Mashed Potatoes](#), Veg

Thursday November 7

- Breakfast – Yogurt/Granola/Fruit
- Lunch – Egg Salad
- Dinner – [Manhattan Clam Chowder](#), [Bread](#)

Friday November 8

- Breakfast – Oatmeal
- Lunch – Leftover Soup
- Dinner – [Lasagna](#), Salad

Saturday November 9

- Breakfast –Omelet, Bacon
- Lunch – Clean out fridge
- Dinner – Pinochle

Menu Plan and Grocery Haul

<https://youtu.be/eIBBA2MvQNM>

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