

# Home

Formerly Joan's Pointed Plate

## Rise and Shine Suburban Homestead

[Learn more About Me](#)

**"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...**

**Mar 30-Apr 5 Menu**

[Print Weekly Menu](#)

Sunday March 30

- Breakfast -Breakfast Out
- Lunch – ?
- Dinner – [Chicken Italiano Sandwiches](#), Fries, Applesauce

Monday March 31

- Breakfast – Breakfast Sandwich
- Lunch – Picky Plate – meat, veg, cheese, nuts
- Dinner – Soup and Scripture (dinner at church) – [Stuffed Pepper Soup](#)

Tuesday April 1

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Egg Salad on  $\frac{1}{2}$  [bagel](#)
- Dinner – [Dijon Pork Loin](#), Potatoes, Veg

Wednesday April 2

- Breakfast – Eggs, Sausage, Toast
- Lunch – Picky Plate – meat, veg, cheese, nuts, fruit
- Dinner – Tacos

Thursday April 3

- Breakfast – [Yogurt/Granola](#)/Fruit
- Lunch – Tuna
- Dinner – [Chicken Stroganoff](#), Buttered Noodles

Friday April 4

- Breakfast – Lenten Fasting
- Lunch – Lenten Fasting
- Dinner – [Crabcakes](#), Baked Potatoes, Veg

Saturday April 5

- Breakfast –French Toast, Bacon
- Lunch – Clean out fridge
- Dinner – [Shrimp Mozzarella Pasta](#)

# Menu Plan and Grocery Haul

<https://youtu.be/LlJoQEHvG28>

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