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Formerly Joan's Pointed Plate

Rise & 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

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The Latest...

April 19 – April 25 2026 Menu

Sunday April 19

Burgers, Potato Salad, [Deviled Eggs](#)

Monday April 20

Steak, Baked Potatoes, Veg

Tuesday April 21

[Chicken Stroganoff](#), Salad

Wednesday April 22

[Haluski](#)

Thursday April 23

[Chicken Yogurt Enchilada Bake](#)

Friday April 24

[Spaghetti](#) and Meatballs

Saturday April 25

Homemade Pizza – [BBQ Chicken Pizza](#), [Buffalo Chicken Pizza](#)

Menu Plan and Grocery Haul

<https://youtu.be/l45jV6p6mSI>

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