

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...

[June 23-June 29, 2024](#)

[Menu Plan](#)

[Print Weekly Menu](#)

Sunday June 23

- Breakfast – Pancakes, Apple Sausage
- Lunch – ?
- Dinner – Burgers, Hotdogs, [German Potato Salad](#), [Broccoli Salad](#)

Monday June 24

- Breakfast – [Chunky Monkey Oatmeal Bowl](#)
- Lunch – Picky Plate – leftovers
- Dinner – [Salsbury Steak](#), [Mashed Potatoes](#), Veg

Tuesday June 25

- Breakfast – [Eggbites](#), Sausage
- Lunch – Tuna and Tomatoes
- Dinner – Ravioli, Salad, Bread

Wednesday June 26

- Breakfast – [Eggbites](#), Sausage
- Lunch – Picky Plate – fruit and cheese platter
- Dinner – [Grilled Margarita Chicken](#), Rice Pilaf, [Zucchini Casserole](#)

Thursday June 27

- Breakfast – Breakfast Sandwich
- Lunch – [Strawberry Pineapple Smoothie](#)
- Dinner – [Sloppy Joes](#), Fries, Greenbeans

Friday June 28

- Breakfast – [Sausage Gravy](#) and [Biscuits](#)
- Lunch – Smoothie
- Dinner – [Fish/Shrimp Tacos](#), Guac/Chips

Saturday June 29

- Breakfast – Omelet, Bacon
- Lunch – Clean Out The Fridge Picky Plate

- Dinner – Pinochle Night

Menu Plan and Grocery Haul

<https://youtu.be/tk4UqiRJzJ8?si=KucAXW0QFfKC1UAQ>

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