

Menu Plan #1

7-Day Real Food Menu Plan

Courtesy of Natural Chow

Day:	Breakfast:	Lunch:	Snack:	Dinner:
Sunday:	<u>Zucchini Muffins</u> with cantaloupe	Salad	Pickles	Baked Tilapia and Sauteed Kale with bulgur
Monday:	<u>Carrot Muffins</u> with apple slices	Seven-Layer Salad	Whole Wheat Crackers with hummus	Spaghetti with <u>Buttermilk Biscuits</u>
Tuesday:	Mini Quiches with <u>Chia Seed Pudding</u>	Pasta Salad	Popcorn	Crab Rangoon and Egg Rolls with fried rice
Wednesday:	<u>Homemade Poptarts</u>	Grilled Cheese Sandwiches with bell pepper slices	Pretzels	<u>Chicken Noodle Soup</u>
Thursday:	Oatmeal with raisins	Tuna Salad Sandwiches with green olives	Popcorn	<u>Tostadas</u>
Friday:	<u>Granola Cereal</u> with sliced peaches	Peanut Butter & Honey Sandwiches with an apple	Trail Mix	Homemade Pizza
Saturday:	Scrambled Eggs with <u>Buttermilk Biscuits</u>	Brown Rice with black beans	Popcorn	Quesadillas with tortilla chips and salsa

Notes:

- Sandwiches are made with homemade bread
- Popcorn is either made in the microwave with a paper lunch bag or over the stove top
- Quesadillas are made with homemade tortillas
- Granola cereal is served with milk or yogurt
- All fruits and vegetables are organic if possible, or home-grown
- Pickles are free of dye

Links:

- [Zucchini Muffins](#)
- [Homemade Whole Wheat Bread](#)
- [Homemade Whole Wheat Tortillas](#)
- [Carrot Muffins](#)
- [Buttermilk Biscuits](#)
- [Cinnamon Vanilla Chia Seed Pudding](#)
- [Easy Homemade Plain Yogurt](#)
- [Homemade Crab Rangoon](#)
- [Easy Egg Rolls](#)
- [Homemade Poptarts](#)
- [Chicken Noodle Soup](#)
- [Tostadas](#)
- [Granola Cereal](#)
- [Healthy Homemade Pizza Crust](#)