

Menu Plan #3

7-Day Real Food Menu Plan

Courtesy of Natural Chow

Day:	Breakfast:	Lunch:	Snack:	Dinner:
Sunday:	<u>Chia Seed Pudding</u> with Scrambled Eggs	Turkey Sandwiches with Pickles	Trail Mix	Macaroni and Cheese with Mashed Potatoes
Monday:	<u>Buttermilk Biscuits</u> and Gravy	Salad	Popcorn	<u>Kale Lasagna</u> with Breadsticks
Tuesday:	<u>Whole Wheat Pancakes</u>	Quesadillas with Chips and Salsa	Granola Bars	Vegetable Risotto
Wednesday:	Oatmeal	Baked Potato and black beans	Pita Chips with Hummus	Salad
Thursday:	<u>Grits</u>	<u>Pasta Salad</u>	Popovers	Chicken Fried Rice
Friday:	<u>Lemon Poppy Seed Muffins</u>	Tuna Salad Sandwiches with Nuts	Fruit Juice Popsicles	Burritos
Saturday:	Banana Bread	Salad	Carrot	Salmon with Mashed Potatoes and Green Beans

Recipes used on this menu plan:

- ✦ Lemon Poppy Seed Muffins
- ✦ Chia Seed Pudding
- ✦ Pasta Salad
- ✦ Grits
- ✦ Whole Wheat Pancakes
- ✦ Kale Lasagna
- ✦ Buttermilk Biscuits