

Menu Plan #4

7-Day Real Food Menu Plan

Courtesy of Natural Chow

Day:	Breakfast:	Lunch:	Snack:	Dinner:
Sunday:	Granola Cereal	Pesto Noodles	Popcorn	<u>Chili Cheese Lentils</u>
Monday:	Eggs with Whole Wheat Toast	PB & J Sandwiches with a pickle	Carrot	Whole Wheat Spaghetti
Tuesday:	<u>Overnight Oatmeal</u>	Salad	Peanuts	Burritos with chips and salsa
Wednesday:	<u>Grits</u>	Tuna Salad Pita Pockets with Yogurt	Granola Bars	Grilled Cheese Sandwiches with Tomato Soup
Thursday:	<u>Overnight Oatmeal</u>	Turkey & Cheese Sandwiches with a banana	Juice Pops	<u>Lasagna</u> with Breadsticks
Friday:	<u>Whole Wheat Pumpkin Muffins</u>	PB & J Sandwiches with yogurt	Popcorn	<u>Spinach and Cheese Quiche</u>
Saturday:	<u>Pancakes</u> with a banana	Salad	Trail Mix	Quinoa Burgers with homemade french fries

Notes:

- Sandwiches are made with homemade bread
- Popcorn is either made in the microwave with a paper lunch bag or over the stove top
- Pita pockets are made with either homemade pita pockets or organic whole wheat pita pockets from a health food store or local bakery
- Juice pops are made with 100% fruit juice and is organic
- Burritos are made with homemade tortillas
- Pesto is made with fresh, organic basil
- Yogurt is either plain from the store or homemade

Links:

- [Chili Cheese Lentils](#)
- [Homemade Whole Wheat Bread](#)
- [Pita Pockets](#)
- [Homemade Whole Wheat Tortillas](#)
- [Overnight Chia Oatmeal](#)
- [Grits](#)
- [Kale Lasagna](#)
- [Whole Wheat Pumpkin Muffins](#)
- [Whole Wheat Pancakes](#)
- [Spinach and Cheese Quiche](#)
- [Vanilla Yogurt](#)