

Menu Plan #5

7-Day Real Food Menu Plan

Courtesy of Natural Chow

| Day: | Breakfast: | Lunch: | Snack: | Dinner: |
|------------|--|--|--------------------------------------|---|
| Sunday: | <u>Whole Wheat Biscuits</u> | Salad | Carrot | <u>Mushroom and Kale Pasta</u> |
| Monday: | <u>Granola Cereal</u> | Ham and Cheese Wrap with an apple | Smoothie Pops | <u>Cheesy Spinach Quiche</u> |
| Tuesday: | Scrambled Eggs with a banana | Egg Salad Sandwiches with yogurt | <u>Crackers</u> | Salad |
| Wednesday: | Waffles with a green smoothie | Baked Potatoes with broccoli | Popcorn | Burgers and <u>French Fries</u> |
| Thursday: | <u>German Pancakes</u> with applesauce | <u>BLT Pasta Salad</u> | Trail Mix | Quesadillas with corn chips and salsa |
| Friday: | <u>Breakfast Burritos</u> | PB & J Sandwiches with yogurt | Apples | Macaroni and Cheese with salad |
| Saturday: | <u>Overnight Oatmeal</u> | Chicken Salad Pita Pockets with a banana | <u>Soft Pretzels</u> | Vegetable Stir Fry |

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
- Smoothie pops are made from homemade smoothies
- Quesadillas are made with homemade tortillas
- Yogurt is either plain from the store and then flavored or homemade

Links:

- [Flaky Whole Wheat Biscuits](#)
- [Mushroom and Kale Pasta](#)
- [Homemade Granola Cereal](#)
- [Easy Cheesy Spinach Quiche](#)
- [Homemade Whole Wheat Crackers](#)
- [Homemade Baked French Fries](#)
- [German Pancakes](#)
- [Creamy BLT Pasta Salad](#)
- [Homemade Breakfast Burritos](#)
- [Whole Wheat Pita Pockets](#)
- [Easy Homemade Vanilla Yogurt](#)
- [Soft Whole Wheat Tortillas](#)
- [Overnight Chia Oatmeal](#)
- [Soft Pretzels](#)