

# Menu Plan #6

## 7-Day Real Food Menu Plan

Courtesy of Natural Chow

Day:	Breakfast:	Lunch:	Snack:	Dinner:
Sunday:	<a href="#"><u>Potato and Onion Frittata</u></a> with a banana	Salad	Pita Chips with hummus	<a href="#"><u>Lasagna</u></a> with breadsticks
Monday:	<a href="#"><u>Overnight Oatmeal</u></a>	Chicken Salad Sandwiches with grapes	Peanuts	<a href="#"><u>Chicken Noodle Soup</u></a>
Tuesday:	Scrambled Eggs with whole wheat toast	<a href="#"><u>Brown Rice and Lentil Casserole</u></a>	<a href="#"><u>Strawberry Smoothie</u></a>	<a href="#"><u>Shrimp Creole</u></a>
Wednesday:	<a href="#"><u>Granola Cereal</u></a> with vanilla yogurt	Grilled Cheese Sandwiches with celery sticks	Crackers	Salmon with a baked potato and peas
Thursday:	<a href="#"><u>Grits</u></a>	Pesto Noodles	Banana	Hot Dogs with <a href="#"><u>macaroni and cheese</u></a>
Friday:	<a href="#"><u>Whole Wheat Pancakes</u></a> with a banana	Peanut Butter and Jam sandwich with crackers	<a href="#"><u>Soft Pretzel</u></a>	Salad
Saturday:	<a href="#"><u>Banana Bread</u></a>	Turkey and Cheese Wraps with baby carrots	<a href="#"><u>Cool Ranch Popcorn</u></a>	Pizza with a light salad

## Notes:

- Sandwiches are made with homemade bread
- Popcorn is either made in the microwave with a paper lunch bag or over the stove top
- Hot dogs are organic and are placed in a whole wheat bun that was homemade or purchased from a health food store.
- Yogurt is homemade and plain, then flavored with vanilla and sugar.
- Breadsticks are whole wheat or purchased from a health food store.
- Macaroni and cheese is homemade with whole wheat noodles.
- Salmon is wild-caught from the ocean. NOT ocean-caught or ocean-raised.

## Links:

- [Potato and Onion Frittata](#)
- [Lasagna](#)
- [Overnight Oatmeal](#)
- [Chicken Noodle Soup](#)
- [Brown Rice and Lentil Casserole](#)
- [Strawberry Smoothie](#)
- [Shrimp Creole](#)
- [Granola Cereal](#)
- [Grits](#)
- [Macaroni and Cheese](#)
- [Whole Wheat Hot Dog Buns](#)
- [Whole Wheat Pancakes](#)
- [Soft Pretzels](#)
- [Banana Bread](#)
- [Cool Ranch Popcorn](#)
- [Pizza Crust](#)