

Menu Plan #7

7-Day Real Food Menu Plan

Courtesy of Natural Chow

Day:	Breakfast:	Lunch:	Snack:	Dinner:
Sunday:	Banana Bread with orange juice	PB & J Sandwiches with cucumber slices	Yogurt Pops	Chicken Noodle Soup with rolls
Monday:	Grits with fried eggs	<u>Brown Rice and Lentil Casserole</u>	Popcorn	Salad
Tuesday:	<u>Granola</u> with yogurt and berries	Tuna Salad Sandwiches with a carrot	Watermelon slices	Macaroni and Cheese with green beans
Wednesday:	Oatmeal with blueberries	Salad	Popcorn	Hamburgers with french fries
Thursday:	Buttermilk Biscuits with Sausage Gravy	Brown Rice with kidney beans	Crackers with hummus	Summer Squash Salad
Friday:	German Pancakes with apple slices	PB & J Sandwiches with celery sticks	Popcorn	Pizza with a light salad
Saturday:	Scrambled Eggs with a banana and yogurt	Grilled Cheese Sandwiches with bell pepper slices	Trail Mix	Spaghetti with breadsticks

Notes:

- Sandwiches are made with homemade bread
- Popcorn is either made in the microwave with a paper lunch bag or over the stove top
- Noodles are whole wheat or unbleached (but always organic).
- 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.
- French fries are homemade and burger buns are homemade or purchased from a health food store.
- Pizza is made with homemade crust.
- Sausage used in sausage gravy is organic and raised on a pasture-centered farm.
- Bananas are organic.

Links:

- [Banana Bread](#)
- [Homemade Whole Wheat Bread](#)
- [Homemade Whole Wheat Tortillas](#)
- [Plain Yogurt](#)
- [Brown Rice and Lentil Casserole](#)
- [Granola Cereal](#)
- [Hamburger Buns](#)
- [French Fries](#)
- [Buttermilk Biscuits](#)
- [Sausage Gravy](#)
- [Whole Wheat Crackers](#)
- [Summer Squash Salad](#)
- [German Pancakes](#)
- [Pizza Crust](#)