

JULY 2014

7-day real food menu plan

courtesy of natural chow

DAY	BREAKFAST	LUNCH	DINNER
SUNDAY	Banana bread with orange juice	Salad	Chicken noodle soup with rolls
MONDAY	Grits with scrambled eggs	Tuna salad sandwiches	Macaroni and cheese with peas and carrots
TUESDAY	Granola with yogurt and berries	Brown rice and lentil casserole	Salad
WEDNESDAY	Oatmeal with raisins	Peanut butter and jam sandwiches with cucumber slices	Summer squash salad
THURSDAY	Buttermilk biscuits with sausage gravy	Brown rice with kidney beans	Leftovers
FRIDAY	Granola cereal	Grilled cheese sandwiches with bell pepper slices	Pizza with a light salad
SATURDAY	Scrambled eggs with a banana and yogurt	Quesadillas with chips and salsa	Spaghetti with breadsticks

Recipe Links:

- [How to Make Grits](#)
- [Whole Wheat Dinner Rolls](#)
- [Homemade Macaroni & Cheese](#)
- [Granola Archives](#)
- [Brown Rice and Lentil Casserole](#)
- [Homemade Plain Yogurt](#)
- [Summer Squash Salad](#)
- [Buttermilk Biscuits & Sausage Gravy](#)
- [Homemade Pizza Crust](#)