# MEAL PLAN 1

7-DAY "REAL FOOD" FAMILY MEAL PLAN & GROCERY LIST
COURTESY OF 100DaysOfRealFood.com

<table>
<thead>
<tr>
<th>DAY</th>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Whole-wheat banana pancakes* (freeze the leftovers) with pure maple syrup and sliced pear</td>
<td>Egg salad* (6 hardboiled eggs mixed with mayo, salt, celery bits &amp; a drop of mustard) on Triscuits with sliced apple &amp; cheddar squares</td>
<td>Plain yogurt drizzled with honey, mixed with frozen blueberries, topped with a little granola*</td>
<td>Wild caught fish (sautéed with butter and lemon), steamed green beans and sweet potatoes</td>
</tr>
<tr>
<td>Monday</td>
<td>Granola cereal* with milk and frozen blueberries (defrosted)</td>
<td>Peanut butter &amp; jelly (all fruit spread) sandwich on whole-wheat bread, raisins, and ½ banana</td>
<td>Apple and popcorn</td>
<td>Vegetarian fajitas on whole-wheat tortillas* with Monterey Jack cheese, sour cream and cilantro</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Plain oatmeal flavored with a little honey, cinnamon and topped with raisins</td>
<td>Leftover egg salad* on toasted whole-wheat bread with sliced apple and grapes</td>
<td>Homemade trail mix (popcorn, Triscuits, and sunflower seeds)</td>
<td>Quesadillas with chopped leftover fajita vegetables, Monterey Jack cheese, tortillas, sour cream and cilantro</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Granola cereal* with milk and frozen blueberries (defrosted)</td>
<td>Fruit smoothie, popcorn, and celery with peanut butter</td>
<td>Triscuits topped with cheddar</td>
<td>Slow cooker chicken (using ½ onion), salad with sunflower seeds and mashed potatoes</td>
</tr>
<tr>
<td>Thursday</td>
<td>Fruit smoothie and whole-wheat toast with a little butter and jelly (all fruit spread)</td>
<td>Leftover chicken and lettuce on ¼ of whole-wheat tortilla*, celery and sliced pear</td>
<td>Apple with peanut butter</td>
<td>Easy Jambalaya (using only 1 cup broth, 2/3 lb shrimp and no green onions)</td>
</tr>
<tr>
<td>Friday</td>
<td>Leftover defrosted banana pancakes* with pure maple syrup and orange slices</td>
<td>Peanut butter &amp; jelly (all fruit spread) sandwich on whole-wheat bread, raisins and sliced apple</td>
<td>Store-bought Lara Bars</td>
<td>Leftover jambalaya</td>
</tr>
<tr>
<td>Saturday</td>
<td>Granola cereal* with milk and frozen blueberries (defrosted)</td>
<td>Grilled cheddar cheese sandwich on whole-wheat bread with popcorn and sliced orange</td>
<td>Fruit kabob with apple, banana, and grapes</td>
<td>Peanut squash soup (using ½ onion) served with whole-wheat biscuits</td>
</tr>
</tbody>
</table>

*These items should be prepared in advance over the weekend (most recipes can be found on 100daysofrealfood.com):
- Banana pancakes
- Granola Cereal (budget-friendly version made with double almonds & sunflower seeds instead of cashews & pumpkin seeds, also omit coconut)
- Egg Salad
- Whole-wheat tortillas (1 ½ batches)
GROCERY LIST 1

7-DAY “REAL FOOD” FAMILY MEAL PLAN & GROCERY LIST
COURTESY OF 100DaysofRealFood.com

Products priced at Earth Fare

- 9 organic bananas $4.01
- 2 organic pears $2.00
- 2 organic oranges $1.00
- 1 – 1 lb bag organic grapes $2.99
- 1 bag organic apples (about 12) $5.69
- 1 small organic lemon $0.50
- 1 organic lime $0.66
- 2 large organic tomatoes $3.59
- 1 bunch organic celery $2.99
- 5 green bell peppers $7.74
- 1 bunch organic green & red leaf lettuce $1.77
- 1 bunch organic cilantro $1.99
- 3/4 lb green beans $1.23
- 2 heads organic garlic $1.50
- 1 ¾ lbs sweet potatoes $3.27
- 1 ¾ lbs white potatoes $3.50
- 1 – 8 oz container organic mushrooms $3.20
- 1 – 2 lb organic butternut squash $4.50
- 4 organic yellow onions $3.54
- 1 container freshly ground organic peanut butter $3.00
- ¾ lb organic brown rice (bulk) $1.12
- 1 ½ lbs organic rolled oats (bulk) $1.79
- 1/2 lb all natural sausage $3.00
- 2/3 lb all natural shrimp $7.25
- 2/3 lb wild caught fish $5.27
- 1 whole all natural chicken (raw) $10.25
- 1 small can organic tomato paste $1.08
- 1 – 32 oz box organic chicken broth $1.99
- 1 box Triscuits $3.99
- 2 lb bag whole-wheat flour $2.68
- 1 – 6-pack boxed organic raisins $1.99
- 1 jar jelly (all fruit spread) $4.29
- 1 package organic popcorn $2.50
- 1 dozen organic eggs $3.78
- 1 – 8 oz container organic sour cream $1.99
- 1 pack (4 sticks) organic butter $4.89
- 2 gallons organic milk $9.96
- 1 bag frozen organic blueberries $3.98
- 1 bag frozen organic mixed berries $3.98
- 1 – 100% whole-wheat “bakery” sandwich bread $4.49

(Our Earth Fare has fresh bread delivered daily from local bakery)
Products priced at Trader Joe’s

- 1 – 24 oz bottle honey $4.49
- 1 bag sliced almonds $2.49
- 1 bag sunflower seeds $1.49
- 1 – 32oz. container plain whole-milk yogurt $2.99
- 1 block organic cheddar cheese $4.29
- 1 block Monterey jack cheese $2.38
- 4 Lara Bars $5.16

TOTAL SPEND INCLUDING 2% FOOD TAX = $165.47
FAMILY OF FOUR ON FULL FOOD STAMP (SNAP) BENEFITS = $167

Pantry Items
- Baking powder
- Baking soda
- Salt
- Cinnamon
- Ginger
- Nutmeg
- Emeril’s Essence
- Cumin
- Paprika
- Onion powder
- Thyme
- Garlic powder
- Cayenne (red) pepper
- Black pepper
- Creole seasoning
- Coriander
- Bay leaves
- Mayo
- Mustard
- Cooking/baking oil
- Pure vanilla extract
- 100% pure maple syrup
- Parchment paper