

# MEAL PLAN 2

## 7-DAY "REAL FOOD" FAMILY MEAL PLAN & GROCERY LIST

COURTESY OF [100DaysofRealFood.com](http://100DaysofRealFood.com)

DAY	BREAKFAST	LUNCH	SNACK	DINNER
<b>Sunday</b>	<a href="#">Whole-wheat waffles</a> * with honey dew melon	<b>Peanut butter &amp; jelly</b> (all fruit spread) sandwich on whole-wheat bread, whole-grain pretzels and unsweetened applesauce	<a href="#">Whole-wheat muffins</a> * (jelly and banana flavor)	<b>Chicken enchiladas</b> (omit frozen corn) with sour cream, cilantro and spinach, sunflower seeds and pear salad
<b>Monday</b>	Plain <b>oatmeal</b> flavored with a little honey, cinnamon and topped with bananas	Leftover <b>chicken enchiladas</b> and honey dew melon	<b>Dried apricots</b>	<a href="#">Farmers market stir fry</a> (double recipe) with onion, bok choy, mushrooms, carrots and shrimp
<b>Tuesday</b>	<a href="#">Granola cereal</a> * with milk and frozen blueberries (defrosted)	<b>Hummus and spinach</b> in a whole-wheat pita with carrots and whole-wheat pretzels	½ <b>banana</b> topped with peanut butter	Leftover stir fry turned into <b>fried rice</b> (chop then sauté it together and add 1 egg and frozen peas)
<b>Wednesday</b>	<a href="#">Fruit smoothie</a> and leftover <a href="#">whole-wheat muffin</a> *	<b>Peanut butter &amp; jelly</b> (all fruit spread) sandwich on whole-wheat bread with unsweetened applesauce & ½ banana	Store-bought <b>Lara Bars</b>	<a href="#">Whole-wheat macaroni and cheese</a> (with Monterey Jack), with frozen peas and pieces of cut up bacon mixed in
<b>Thursday</b>	Defrosted <a href="#">whole-wheat waffles</a> * and a sliced pear	<a href="#">Fruit smoothie</a> with whole-grain pretzels, sliced apple, and dried apricots	<b>Carrots</b> and hummus	<b>Scrambled eggs</b> (6 eggs), whole-wheat <b>toast</b> with a little butter and jelly (all fruit spread), bacon and sautéed zucchini
<b>Friday</b>	<a href="#">Granola cereal</a> * with milk and frozen blueberries (defrosted)	<b>Hummus and cheese</b> in a whole-wheat pita with carrots and sliced apple	Homemade <b>trail mix</b> (pretzels, sunflower seeds, and dried apricots)	<a href="#">Whole-wheat pizza</a> topped with sauce and cheese with a side of steamed broccoli
<b>Saturday</b>	Plain <b>oatmeal</b> flavored with a little honey, cinnamon and orange on side	Leftover <b>pizza</b> with sliced mango	Plain <b>yogurt</b> topped with a little honey, frozen berries & granola	<b>Sautéed or grilled fish</b> , steamed sugar snap peas and baked potatoes

\*These items should be prepared in advance over the weekend (recipes can be found on [100daysofrealfood.com](http://100daysofrealfood.com)):

- [Whole-Wheat Waffles](#)
- [Whole-Wheat Muffins](#) (with jelly and banana as fillings)
- [Granola Cereal](#) (budget-friendly version made with double almonds & sunflower seeds instead of cashews and pumpkin seeds, also omit coconut)

# GROCERY LIST 2

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### Products priced at [Earth Fare](#)

• 11 organic bananas	\$4.90
• 1 container of sliced honey dew melon	\$2.00
• 2 organic pears	\$2.00
• 2 organic apples	\$2.69
• 1 organic orange	\$0.50
• 1 mango	\$1.00
• 1 bunch organic spinach	\$2.49
• 2/3 lb broccoli	\$1.89
• 2 pieces organic zucchini	\$1.50
• 3/4 lb organic bok choy (Chinese cabbage)	\$2.62
• 1 – ½ lb pack sugar snap peas	\$2.50
• 1 – 1 lb bag organic carrots	\$1.35
• 1 bunch organic cilantro	\$1.99
• 2 inch piece of fresh ginger	\$0.10
• 1 ¼ lbs white potatoes	\$3.50
• 1 organic yellow onion	\$0.80
• 1 container organic mushrooms	\$3.20
• 1 container freshly made organic peanut butter	\$3.00
• 1 ½ lbs organic rolled oats (bulk)	\$1.79
• 1 ½ lb brown rice (bulk)	\$2.23
• 1/2 lb shrimp	\$5.50
• 2/3 lb wild caught fish	\$5.27
• 1 package organic bacon	\$5.29
• 1 can organic tomato paste	\$1.08
• 2 cans organic tomato sauce (no salt added)	\$3.36
• 1 bag whole-wheat organic macaroni noodles	\$2.48
• 2 lb bag whole-wheat flour	\$2.68
• 1 jar jelly (all fruit spread)	\$4.29
• 1 jar unsweetened organic applesauce	\$3.49
• 1 – 6 oz container organic orange juice	\$1.29
• 1 pack (4 sticks) organic butter	\$4.89
• 1 container organic sour cream	\$1.99
• 1 bag frozen organic peas	\$2.88
• 1 – 12 pack frozen whole corn tortillas	\$3.99
• 1 bag frozen organic blueberries	\$3.98
• 1 bag frozen organic mixed berries	\$3.98
• 1 dozen organic eggs	\$3.78
• 2 gallons organic milk	\$9.96
• 1 natural rotisserie chicken	\$8.00
• 1 container original organic hummus	\$3.99
• 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 pack 100% whole-wheat pitas	\$1.49
• 1 – 24 oz bottle honey	\$4.49
• 1 jar organic marinara sauce	\$2.29
• 1 bag sliced almonds	\$2.49
• 1 bag sunflower seeds	\$1.49

- 1 bag dried apricots \$3.49
- 1 – 32oz. container plain whole-milk yogurt \$2.99
- 2 blocks Monterey jack cheese \$4.75
- 1 block mozzarella cheese \$4.79
- 1 bag whole-grain pretzels \$1.99
- 4 Lara Bars \$5.16

**TOTAL SPEND INCLUDING 2% FOOD TAX = \$167.41**

**FAMILY OF FOUR ON FULL FOOD STAMP (SNAP) BENEFITS = \$167**

Pantry Items

- Baking soda
- Baking powder
- Salt
- Cinnamon
- Nutmeg
- Ginger
- Chili powder
- Cumin
- Cayenne pepper
- Yeast
- 100% pure maple syrup
- Pure vanilla extract
- Cooking oil
- Olive oil
- Soy sauce
- Parchment paper
- Muffin/cupcake liners
- Waffle iron (if no iron can make [crepes](#) as an alternative)