

MEAL PLAN 4 - Summer

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

COURTESY OF 100DaysOfRealFood.com

DAY	BREAKFAST	LUNCH	SNACK	DINNER
Sunday	Whole-wheat banana/blueberry pancakes* (freeze the leftovers) with pure maple syrup and sliced cantaloupe	Grilled cheese sandwiches on whole-wheat bread, ½ peach and ½ banana	Zucchini bread muffins*	Pork carnitas tacos with homemade whole-grain corn tortillas* , 1 avocado, cilantro and store-bought tomatillo salsa with a side of watermelon
Monday	Granola cereal* with milk and sliced peaches	Caprese penne pasta salad* (my daughters like this dish without vinegar)	Watermelon	Quesadillas made from leftover pork tacos with 1 green bell pepper & ½ block grated Monterey Jack cheese
Tuesday	Peanut butter banana smoothie with whole-wheat toast and cantaloupe	Zucchini muffins* with cream cheese, grapes, and watermelon	Handful granola*	Grilled sandwiches with roasted veggies (yellow squash and zucchini), Monterey Jack cheese & pesto with side of roasted fingerling or new potatoes
Wednesday	Defrosted banana/blueberries pancakes* with pure maple syrup and watermelon	Leftover caprese pasta salad*	½ Peach	Grilled fish with lemon, grilled corn, sautéed green beans (or fresh lima beans), and whole-wheat biscuits
Thursday	Zucchini muffins* with cream cheese and blueberries	Peanut butter and banana sandwiches , popcorn, and ½ peach	Grapes	Fettuccini Alfredo with leftover green beans (or lima beans) and sautéed onions & ½ pack mushrooms on top
Friday	Granola cereal* with milk and fresh blueberries	Cream cheese and cucumber sandwich on leftover biscuits sprinkled with dried dill, grapes and blueberries	½ Banana with peanut butter	Whole-wheat pizza pockets with sautéed onions, 1 green bell pepper, and mushrooms inside
Saturday	Scrambled eggs (6), whole-wheat toast or leftover biscuits and bananas	Yogurt with granola* , a little honey and whatever fruit is left (blueberries, peaches, or cantaloupe)	Popcorn	Leftover pizza pockets with sliced leftover cucumber on the side

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

- [Banana pancakes](#) (with blueberries added to batter)
- [Homemade whole-grain corn tortillas](#) (1 ½ recipes)
- [Granola Cereal](#) (budget-friendly version made with double almonds & sunflower seeds instead of cashews & pumpkin seeds, also omit coconut)
- [Caprese penne pasta salad](#) (make extra pesto on side for grilled sandwiches)
- [Zucchini bread](#) made into muffins with handful almonds added to batter

GROCERY LIST 4 - Summer

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Products priced at [Earth Fare](#)

• 11 organic bananas	\$4.90
• 1 pack organic blueberries**	\$3.69
• ¾ lb organic grapes	\$2.99
• 3 organic zucchinis**	\$3.43
• 1 organic yellow squash**	\$0.75
• 1 organic cucumber**	\$1.50
• 1 organic avocado (ripe enough to eat on Sunday)	\$2.87
• 1 container organic cherry tomatoes**	\$3.99
• 2 green bell peppers**	\$4.00
• 4 ears corn**	\$2.76
• ¾ lb green beans** (Or fresh lima beans** from the farmers' market)	\$2.24
• 1 bunch organic cilantro**	\$1.99
• 2 packs fresh basil**	\$5.58
• 1 organic lemon	\$0.50
• 8 organic peaches**	\$4.93
• 1 head garlic**	\$0.75
• 3 organic yellow onions**	\$2.40
• ¾ lb fingerling or new potatoes**	\$1.49
• 1 small watermelon**	\$3.99
• 1 cantaloupe**	\$3.99
• 1 container organic mushrooms**	\$3.20
• Parmesan cheese block	\$5.00
• 1 container freshly made organic peanut butter	\$3.00
• 1 ½ lbs organic rolled oats (bulk)	\$1.79
• ¼ lb pine nuts (bulk)	\$5.49
• 1 container mozzarella balls in water (for pasta salad)	\$3.75
• 2 lb pork shoulder or Boston butt roast**	\$8.98
• 2/3 lbs fresh wild caught fish	\$5.27
• 1 package organic whole-wheat penne noodles	\$2.48
• 1 package organic whole-wheat fettuccini noodles	\$2.48
• 5 lb bag whole-wheat flour	\$3.98
• 1 package organic popcorn	\$2.50
• 1 pack (4 sticks) organic butter	\$4.89
• 1 bag Masa Harina a.k.a corn flour (Or frozen corn tortillas for \$3.99)	\$3.79
• 1 dozen organic eggs**	\$3.78
• 1 container organic cream cheese	\$2.89
• 1 small container organic heavy cream	\$1.99
• 2 gallons organic milk	\$9.96
• 1 - 100% whole-wheat "bakery" sandwich bread (Our Earth Fare has fresh bread delivered daily from local bakery)	\$4.49

Products priced at [Trader Joe's](#)

• 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 – 32oz. container plain whole-milk yogurt	\$2.99
• 1 block Monterey jack cheese	\$2.38
• 1 block mozzarella cheese (for pizza pockets)	\$4.79
• 1 container ricotta cheese	\$3.49
• 1 container organic tomatillo and yellow chili salsa	\$2.29

**Items that can be found at some farmer's markets this time of year (summer)

TOTAL SPEND INCLUDING 2% FOOD TAX = \$168.45

FAMILY OF FOUR ON FULL [FOOD STAMP \(SNAP\) BENEFITS](#) = \$167

Pantry Items

- Baking powder
- Baking soda
- Oil (for baking)
- Olive oil
- Balsamic vinegar
- 100% pure maple syrup (for serving with pancakes...can be omitted)
- Vanilla extract
- Cinnamon
- Nutmeg
- Ginger
- Cumin
- Oregano
- Dried dill
- Yeast
- Salt & pepper
- Parchment paper
- Also need:
 - Slow cooker
 - Tortilla press (or could alternatively buy frozen store-bought corn tortillas)