<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>Homemade whole-wheat biscuits* halved and topped with poached eggs (6) and a side of oranges</td>
<td>Biscuit pizzas (leftover biscuits* halved and topped with plain tomato sauce, oregano &amp; salt plus cheese, then toasted) with carrots</td>
<td>Pumpkin bread muffins* topped with cream cheese</td>
<td>Tacos with refried beans*, monterey jack cheese, sour cream, cilantro, &amp; corn tortillas with kale chips on the side</td>
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<tr>
<td>Monday</td>
<td>Granola cereal* with milk and frozen blueberries</td>
<td>Round apple sandwiches made with peanut butter &amp; raisins, leftover pumpkin muffins and plain yogurt mixed with a little honey</td>
<td>Hard boiled eggs</td>
<td>Leftover tacos and kale chips</td>
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<td>Tuesday</td>
<td>Plain yogurt mixed with berry sauce and topped with granola*</td>
<td>Bowl of warm refried beans topped with melted monterey jack and ½ pear on the side</td>
<td>Banana with peanut butter</td>
<td>Peanut squash soup (use olive oil instead of peanut oil) with leftover biscuits</td>
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<td>Wednesday</td>
<td>Plain oatmeal flavored with a little honey and cinnamon, topped with raisins</td>
<td>Cream cheese and jelly on whole-wheat bread with popcorn and ½ a banana</td>
<td>Handful of almonds or granola</td>
<td>Weeknight chili (brown ½ lb grd beef with onion, add cans of diced tomatoes and cans of drained beans plus 1 ½ tsps each of chili powder &amp; cumin) top with cheese, a side of whole-grain corn bread (omit corn kernels), and a salad (mixed greens, apples, toasted sunflower seeds, and olive oil)</td>
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<td>Thursday</td>
<td>Fruit smoothies with a side of whole-wheat toast</td>
<td>Grilled cheese sandwiches with leftover peanut squash soup</td>
<td>Apple slices</td>
<td>Leftover chili, corn bread, and salad</td>
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<tr>
<td>Friday</td>
<td>Granola cereal* with milk and frozen blueberries</td>
<td>Fruit smoothies, apple, whatever bread is left (biscuits*, pumpkin muffins* or cornbread)</td>
<td>Banana with peanut butter</td>
<td>Chicken marsala over whole-wheat pasta (boil extra pasta) topped with the rest of the fresh spinach leaves</td>
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<tr>
<td>Saturday</td>
<td>French toast with a big dash of pumpkin spice and ½ apple on the side</td>
<td>Peanut butter &amp; jelly on crackers with a side of raisins, banana, and carrots</td>
<td>Popcorn</td>
<td>Whole-wheat macaroni and cheese (made with leftover plain pasta noodles) with steamed broccoli mixed in</td>
</tr>
</tbody>
</table>

*These items should be prepared in advance over the weekend (recipes can be found on 100daysofrealfood.com):
- Whole-wheat biscuits (make a double recipe)
- Pumpkin bread muffins
- Refried beans (start in slow cooker on Saturday evening or Sunday morning)
- Granola cereal (make a budget-friendly version: omit sesame seeds & coconut, make with double almonds and double sunflower seeds instead of cashews and pumpkin seeds)
GROCERY LIST 5 – Fall

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

Products priced at Earth Fare

• 12 organic bananas $5.25
• 2 organic pears $3.00
• 2 organic oranges $2.00
• 1 jalapeno $0.24
• 1 bunch organic kale** $2.29
• 1 bunch organic spinach** $2.49
• 1 bag organic mixed greens** $2.49
• 1 bag organic apples** (about 10) $6.49
• 1 – 1 lb bag organic carrots** $1.35
• 1 bunch organic cilantro $1.99
• 1 organic butternut squash** $4.00
• 2/3 lb broccoli $1.89
• 1 head garlic** $0.75
• 3 organic yellow onions** $2.40
• Parmesan cheese block (ask them to cut it down) $2.00
• 1 container freshly made organic peanut butter $3.00
• 1 ½ lbs organic rolled oats (bulk) $1.79
• ¾ lb pinto beans (bulk) $1.87
• ½ lb local grass-fed ground beef** $3.75
• ¼ lb all natural chicken breasts** $4.26
• 1 – 15 oz can organic black beans $1.38
• 1 – 15 oz can organic red kidney beans $1.38
• 1 small can organic tomato paste $1.08
• 1 small can organic tomato sauce $0.88
• 2 – 28 oz cans organic diced tomatoes $4.98
• 1 – 32 oz box organic chicken broth $1.99
• 1 package organic whole-wheat pasta noodles $2.48
• 1 pack Multiseed original whole-grain crackers $3.59
• 5 lb bag whole-wheat flour $3.98
• 1 – 24 oz bag organic whole-grain yellow cornmeal $3.69
• 1 jar jelly (all fruit spread) $4.29
• 1 canister organic raisins $2.69
• 2 dozen organic eggs** $7.56
• 1 pack (4 sticks) organic butter $4.89
• 1 – 16 oz container organic sour cream $3.29
• 1 container organic cream cheese $2.89
• 2 small cartons organic heavy cream $3.98
• 2 gallons organic milk $9.96
• 1 pack frozen whole-grain corn tortillas $3.99
• 1 bag frozen organic blueberries $4.69
• 1 bag frozen organic mixed berries $4.69
• 1 – 100% whole-wheat “bakery” sandwich bread $4.49

(Our Earth Fare has fresh bread delivered daily from local bakery)
**Items that can be found at some farmer’s markets this time of year (fall)**

**TOTAL SPEND INCLUDING 2% FOOD TAX = $171.98**
**FAMILY OF FOUR ON FULL FOOD STAMP (SNAP) BENEFITS = $167**

**Pantry Items**
- Baking powder
- Baking soda
- Baking oil / olive oil
- 100% pure maple syrup (optional – can sub honey in recipes if you don’t have syrup)
- Vanilla extract
- Cinnamon
- Nutmeg
- Ginger
- Cloves
- Pumpkin spice (or can use a mix of cinnamon, nutmeg, ginger, and cloves)
- Oregano
- Cumin
- Chili powder
- Coriander
- Crushed red pepper
- Salt & pepper
- Also need:
  - Parchment paper
  - Slow cooker for refried beans
  - Brown paper bags for making popcorn