

MEAL PLAN 1

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

COURTESY OF 100DaysofRealFood.com

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

*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

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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 ¼ lbs sweet potatoes	\$3.27
• 1 ¼ 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