

MEAL PLAN 3 - Late Spring

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

COURTESY OF 100DaysofRealFood.com

DAY	BREAKFAST	LUNCH	SNACK	DINNER
Sunday	Homemade whole-wheat crepes (double recipe & freeze leftovers) with cantaloupe	Hard boiled eggs , Ak Mak crackers, carrots with tzatziki sauce* , & raisins	Banana bread*	Grilled veggie kabobs (zucchini, squash, bell pepper, onion, ½ pack whole mushrooms) marinated in homemade teriyaki sauce from stir fry recipe & quinoa
Monday	Puffed corn cereal with milk and strawberries	Yogurt and a little honey with banana bread* and grapes	Homemade trail mix* (pecans, Multi-Seed crackers, raisins)	Quesadillas in corn tortillas with Monterey Jack cheese, leftover grilled veggies, black beans & a little cumin with avocado slices & steamed broccoli on side
Tuesday	Banana bread* with leftover cantaloupe	Leftover quesadillas with applesauce	Carrots dipped in tzatziki sauce*	Whole-wheat pasta topped with sautéed ground beef, mushrooms, & grated carrots mixed with jar of marinara sauce and a side salad of spinach, feta cheese, pecans & balsamic vinegar
Wednesday	Leftover defrosted crepes with strawberries	PB&J smoothie with spinach blended in, leftover trail mix* & grapes	Ak Mak crackers with cheese & side of applesauce	Leftover spaghetti with easy cheesy crackers that are sprinkled with a little garlic powder before baking
Thursday	Puffed corn cereal with milk and ½ banana	Peanut butter & sliced bananas on Ak Mak Crackers, applesauce and carrots	Leftover easy cheesy crackers	" Greek Fajita " spread – whole-wheat pitas stuffed with ½ lb sautéed or grilled chicken, diced cucumbers, diced tomatoes, leftover quinoa, feta cheese, and tzatziki sauce*
Friday	Plain oatmeal flavored with a little honey and cinnamon, topped with raisins	Whatever's leftover from " Greek Fajitas " with raw spinach added and sliced pears	½ banana with peanut butter on it	Quiche with a whole-wheat crust and sautéed or grilled asparagus
Saturday	Pecan maple breakfast cookies with ½ orange	Leftover quiche and asparagus	PB&J smoothie with spinach (if there's some left)	Homemade chicken nuggets (1/2 recipe), baked sweet potatoes, sliced pear, & leftover easy cheesy crackers

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

- [Banana Bread](#)
- Trail Mix (½ container raisins, full bag Multi-Seed Crackers, & ½ bag pecans)
- [Tzatziki Sauce](#)

GROCERY LIST 3 - Late Spring

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Products priced at [Earth Fare](#)

• 11 organic bananas	\$4.90
• 1 container of sliced cantaloupe	\$2.00
• 4 organic pears	\$4.00
• 2 organic oranges	\$1.00
• 1 lb grapes	\$2.99
• 1 pack local strawberries**	\$3.50
• 1 bunch organic spinach**	\$2.49
• 2 organic tomatoes**	\$2.77
• 1 organic cucumber	\$1.99
• 1 organic avocado (ripe enough to eat on Monday)	\$2.87
• 2/3 lb broccoli**	\$1.89
• 1 bunch asparagus**	\$3.47
• 1 organic zucchini	\$0.75
• 1 organic yellow squash	\$0.75
• 1 green bell pepper	\$2.00
• 1 - 1 lb bag organic carrots**	\$1.35
• 2 inch piece of fresh ginger	\$0.10
• 1 bunch fresh organic dill	\$2.49
• 1 head garlic**	\$0.75
• 1 ¾ lbs sweet potatoes	\$3.27
• 1 organic yellow onion	\$0.80
• 1 container organic mushrooms**	\$3.20
• 1 container crumbled feta cheese**	\$2.50
• Parmesan cheese (ask them to cut you a \$2.00 block)	\$2.00
• 1 container freshly made organic peanut butter	\$3.00
• 1 lb organic rolled oats (bulk)	\$1.19
• ¾ lb quinoa (bulk)	\$2.61
• 1 lb local grass-fed ground beef**	\$7.49
• 1 lb all natural chicken breasts**	\$5.69
• 1 box Ak-Mak crackers	\$2.19
• 1 box Crunchmaster Multi-Seed crackers (original)	\$3.19
• 1 package whole-wheat organic pasta noodles	\$2.48
• 1 can organic black beans	\$1.39
• 5 lb bag whole-wheat flour	\$3.98
• 1 bag whole-wheat panko bread crumbs	\$3.79
• 1 bag Arrowhead Mills puffed corn cereal	\$1.99
• 1 container organic raisins	\$2.69

- 1 jar unsweetened organic applesauce \$3.49
- 1 jar apple juice \$2.99
- 1 pack (4 sticks) organic butter \$4.89
- 1 – 12 pack frozen whole corn tortillas \$3.99
- 1 bag frozen organic mixed berries \$3.98
- 2 dozen organic eggs** \$7.56
- 2 gallons organic milk \$9.96

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 raw pecans** \$4.99
- 1 – 32oz. container plain whole-milk yogurt \$2.99
- 1 block Monterey jack cheese \$2.38
- 1 block organic cheddar \$4.29
- 1 – 8 oz bottle maple syrup \$5.49

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

TOTAL SPEND INCLUDING 2% FOOD TAX = \$163.99

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

Pantry Items

- Cooking oil
- Olive oil
- Balsamic vinegar
- Red wine vinegar
- Soy sauce
- Pure vanilla extract
- Baking soda
- Cinnamon
- Paprika
- Cumin
- Garlic powder
- Salt & pepper