

30 Days of Real Food—Menu Week 1

Breakfasts

- Fruit Smoothies
 - Mango, Strawberry, Banana, Orange with Greek Yogurt
 - Strawberry, Raspberry, Blueberry with Greek Yogurt
 - Blueberry Banana with Greek Yogurt
- Greek Yogurt with Granola and Fruit
- Oatmeal with Fruit
- Whole Wheat Toast with Peanut Butter
- Scrambled Eggs

Lunches

- Veggie Wraps with Hummus
- Lunch meat & Veggie Wraps with Ranch or Mayo
- Salads
- Peanut Butter and Jelly Sandwiches
- Leftovers

Dinners

- Chicken Quesadillas with homemade [Guacamole](#) and [Salsa](#)
- Chickpea Chopped Salad (chopped salad with cooked chickpeas)
- Spaghetti with Whole Wheat Pasta, [Turkey Meatballs](#) and Salad
- [Crock Pot Chicken and Brown Rice with Veggies](#)
- [Burgers with homemade buns and sweet potato fries](#)
- Chicken Skewers, Salad
- Baked Chicken, Broccoli, Brown Rice

Snacks

- Fruit
- Veggies with hummus dip
- Hard boiled eggs
- Yogurt

Prep/Make for the week

- Guacamole
- Salsa
- Tortillas
- [Whole Wheat Bread](#)
- Hamburger Buns
- Cook 2 cups of dry chickpeas and freeze in 1 cup cooked portions
- [Ranch dressing](#)
- [Mayonnaise](#)
- [Marinara](#)
- Hard Boil Eggs

30 Days of Real Food—Grocery List Week 1

Produce:

- 2 heads of Romaine*
- 1 bunch of Spinach*
- 1 pkg of Mushrooms
- 1 Sweet Potato
- 2 pkgs Strawberries*
- 5-6 Bananas
- 2 Oranges
- 1 Mango
- 3 Green Peppers*
- 2 Yellow Peppers*
- 1 Red Pepper*
- 1 Orange Pepper*
- 1-2 Jalapenos*
- 4 Roma Tomatoes
- 3 Avocados
- 3 White Onions
- 2 Red Onions
- 2 Bunches Garlic
- 3 Limes
- 2 Lemons
- Cauliflower
- 2 pkgs Raspberries
- 2 pkgs Blueberries*
- Carrots
- Celery*
- Broccoli

Pantry:

- Granola
- 1lb. Garbanzo Beans
- Oatmeal
- All-Natural Peanut butter
- All-Natural Jelly
- 2 pkgs Whole Wheat Tortillas
- Whole Wheat Pasta
- Large can Tomato Puree
- 1 can Diced Tomatoes
- 1 can Tomato Paste
- 1lb Brown Rice
- 1 cont. Organic Chicken Stock
- White Vinegar
- Tea Bags
- 100% Organic Fruit Juice

Baking/Cooking:

- Whole Wheat Flour
- Bread Flour
- Yeast
- Olive Oil
- Honey
- Organic Sugar
- Organic Bread Crumbs
- Non GMO Cornstarch

Meat:

- 2 sm. pkgs Free Range Chicken Breasts
- 1lb Grass Fed Beef
- 1 lb Free Range Ground Turkey
- 1 pkgs Nitrate and Nitrite Free Lunch Meat (chicken or Turkey)

Refrigerated/Frozen:

- (2) 32oz. cont. Vanilla Greek Yogurt
- (1) 32oz cont. Plain Greek Yogurt
- 1 Gallon Whole Milk with no growth hormones
- All Natural Organic Butter
- 2 dozen Cage Free Eggs
- 1 bag Frozen Peas
- 1 bag Frozen Broccoli
- Hummus

Spices:

- Oregano
- Onion Powder
- Dill Weed
- Sea Salt
- Basil
- Paprika
- Garlic Powder
- Chilli Powder
- Cumin
- Parsley

* =Organic

Only buy foods with natural ingredients—No artificial flavors, additives, or sweeteners.