

# 30 Days of Real Food—Menu Week 2

## Breakfasts

- Smoothies
  - Orange, Strawberry, Banana, Greek Yogurt
  - Raspberry, Blueberry, Spinach, Greek Yogurt
- [Blueberry Muffins made with Greek Yogurt and Whole Wheat Flour](#)
- Yogurt with Granola and fruit
- Oatmeal with fruit
- Whole Wheat toast with peanut butter

## Lunches

- Veggie wraps with hummus
- Salad
- Leftovers
- Peanut Butter and Jelly
- Lunchmeat Wraps

## Dinner

- Grilled Chicken, Quinoa, Salad
- [Chicken Fajitas](#)
- Southwestern Salad (Blackbeans, non GMO corn, leftover chicken if any)
- Spaghetti with Meat Sauce (½ lb ground beef)
- Crockpot Chilli (½ lb ground beef)
- [Baked Chicken and Veggies](#) (potatoes, carrots, broccoli, cauliflower)
- [Rotisserie Style Chicken](#), Mashed Potatoes, Peas

## Snacks

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

## Prep for the week:

- Make Blueberry Muffins
- Make more bread if needed
- Cook 2 cups black beans and freeze in 1 cup portions
- Make more hummus if needed
- Hard boil eggs
- Freeze smoothie packs if desired
- Make more salsa if desired for Fajitas
- Make Guacamole

# 30 Days of Real Food—Grocery List Week 2

## Produce:

- 2 heads of Romaine\*
- 1 bunch of Spinach\*
- 2 pkgs Strawberries\*
- 5-6 Bananas
- 2 Oranges
- 1 Red Onion
- 2 limes
- 1 pkg Raspberries
- 2 Green Peppers\*
- 1 Yellow Peppers\*
- 1 Red Pepper\*
- 1 Orange Pepper\*
- 1-2 Jalapenos\*
- 4 Roma Tomatoes
- 3 Avocados
- 2 pkgs Blueberries\*
- Cauliflower
- Cilantro
- Broccoli
- Carrots
- Potatoes

## Pantry:

- Granola
- Oatmeal
- 1 pkg Whole Wheat Tortillas
- Whole Wheat Pasta
- Large can Tomato Puree
- 1 can Diced Tomatoes
- 1 can Tomato Paste
- 100% Organic Fruit Juice
- Quinoa
- Organic Canned Chilli Beans
- 1 can organic diced tomatoes
- 1Lb Black Beans

## Baking/Cooking:

- Restock what you need from Week 1 list

## Meat:

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

## 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
- Hummus
- Frozen organic Peas

## Spices:

- Restock what you need from Week 1 list

### \* =Organic

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