

# 30 Days of Real Food—Menu Week 3

## Breakfasts

- Smoothies
  - Blueberry, Spinach, Banana, Greek Yogurt
  - Raspberry, Blueberry, Strawberry, Greek Yogurt
- Eggs and toast
- 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

- Stir Fry with Chicken and Brown Rice (sesame oil, garlic, onion, broccoli, slaw mix, pepper)
- Tacos with ground beef and [homemade taco seasoning](#), on whole wheat tortillas topped with guacamole, [salsa](#), greek yogurt(as sour cream) and cheese
- Breaded Chicken (roll in yogurt, breadcrumbs, spices) and Salad
- [Pulled Pork in the Crock Pot](#)
- Veggie Pizza with Whole Wheat Crust
- [Veggie Quiche with Whole Wheat Crust](#) (spinach, cheese, onion, green pepper)
- Grilled Chicken, Salad, Quinoa

## Snacks

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

## Prep for the week:

- Bread if needed
- Hard boil eggs
- Freeze smoothie packs if desired
- Guacamole and Salsa if needed

# 30 Days of Real Food—Grocery List Week 3

## Produce:

- 2 heads of romaine\*
- 1 bunch of spinach\*
- 2 pkgs Strawberries\*
- 5-6 Bananas
- 1 Red onion
- 2 limes
- 1 pkg Raspberries
- 2 Green peppers\*
- 1 Jalapeno\*
- 4 Roma tomatoes
- 3 Avocados
- 2 pkgs Blueberries\*
- Cauliflower
- 1 bunch garlic
- 1 white onion
- Cilantro
- Broccoli
- Carrots
- Slaw mix or cabbage

## Pantry:

- Granola
- Oatmeal
- 2 pkgs Whole wheat tortillas
- 100% fruit juice organic
- Quinoa
- Brown rice
- Red wine vinegar
- All natural soy sauce or liquid aminos
- Sesame oil

## Meat:

- 2 sm. pkgs free range chicken breasts
- 1lb grass fed beef
- 1 pkgs nitrate and nitrite free lunchmeat (chicken or turkey) for lunches
- 3-4 pound pork shoulder or roast-cruelty free

## 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
- 100% orange juice
- Whole milk chunk cheese

## Baking/Cooking:

- Restock what you need from Week 1 list

## Spices:

- Cayenne Pepper
- Ground Thyme
- Restock from week 1 if needed

### \* =Organic

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