

30 Days of Real Food—Menu Week 4

Breakfasts

- Smoothies
 - Strawberry, Mango, Banana, Orange Juice, Greek Yogurt
 - Raspberry, Apple Juice, Banana, Greek Yogurt
- Eggs and toast
- Yogurt with granola and fruit
- Whole wheat toast with peanut butter

Lunches

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

Dinner

- NY Strip steaks, green beans, mashed potatoes
- Chicken quesadillas, guacamole, salsa
- Taco Salad with leftover chicken from quesadillas
- Spaghetti with ½ lb ground beef, sauce and salad
- Chicken and wild rice soup
- [Hamburgers](#), cottage cheese, [oven fries](#)
- Crockpot chicken chilli
- Pizza with whole wheat crust, veggies and ½ lb ground beef
- [Italian drip beef sandwiches](#)

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
- [Hamburger buns](#) (for burgers and italian beef)
- More [ranch](#) if needed
- More mayo if needed
- [Marinara](#) if needed

30 Days of Real Food—Grocery List Week 4

Produce:

- 2 pkgs strawberries *
- 1 mango
- 1 pkgs raspberries
- 2 bunches bananas
- 1 pkg blueberries *
- 2 bunches romaine *
- 1 bunch spinach *
- 3 avocados
- 4-5 roma tomatoes
- 2 white onions
- 1 bunch garlic
- 1 lb green beans
- 2 limes
- 1 bag carrots
- 1 bunch celery *
- Cilantro
- 5lbs potatoes
- 1 red onion
- 1 head cauliflower
- 3-5lb apples *
- 1-2 green peppers

Pantry:

- Granola
- 2 pkgs Whole wheat tortillas
- 100% fruit organic apple juice
- Wild rice
- Whole wheat tortillas
- Whole wheat bread-or make your own
- All natural peanut butter
- All natural jelly/jam
- Whole wheat spaghetti
- 1 jar Organic tomato puree or pasta sauce
- 2 cans diced tomatoes
- 1 can organic chilli beans
- Organic/natural beef broth
- Organic/natural chicken broth
- 1 jar organic pickled banana pepper rings or whole

Meat:

- 2 sm. pkgs free range chicken breasts
- 1lb grass fed beef
- 1 pkgs nitrate and nitrite free lunchmeat (chicken or turkey) for lunches
- 2 NY strip steaks (or another pkg of chicken if you don't want to splurge
- 1 pkg nitrate and nitrite free bacon
- 2lbs grass fed ground beef
- 3-4lb grass fed beef roast

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
- Whole milk cottage cheese

Spices:

- Restock from week 1 if needed

Baking/Cooking:

- Restock what you need from Week 1 list

* =Organic

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