

real food

Menu Plan

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

<i>Rachel</i>	whole wheat sour-dough waffles, raw milk	eggs, bacon, grapes	soaked oatmeal with walnuts and shredded coconut	eggs, watermelon	soaked oatmeal with walnuts and crystallized ginger
---------------	--	---------------------	--	------------------	---

<i>Faith</i>	Carrot Zucchini Muffins	Eggs, toast	Refrigerator oatmeal	Eggs, cereal	Pancakes with blackberry syrup
--------------	-------------------------	-------------	----------------------	--------------	--------------------------------

LUNCH

<i>Rachel</i>	pina colada kefir smoothie	jalapeno poppers with bacon and rice, mango-banana kefir smoothie, water-	leftover, pina colada kefir smoothie	peaches n' cream kefir smoothie, sardines	leftovers, mango-banana kefir smoothie
---------------	----------------------------	---	--------------------------------------	---	--

<i>Faith</i>	Citrus grilled chicken salad; hard boiled eggs	Peachy BBQ pork; veggies	Tacos; fruit	Mini chicken pot pies; veggies	Grains n' greens salad ; hard boiled eggs
--------------	--	--------------------------	--------------	--------------------------------	---

DINNER

<i>Rachel</i>	indian spiced chicken with coconut, basmati rice, cauliflower "mac n' cheez"	shepherd's pie with cauliflower crust	grilled spicy chicken breast, brown rice, sauteed swiss chard	spicy herb and spinach burgers , simple salad	pot roast with buttermilk marinade, red potatoes, pea salad with bacon and sour cream
---------------	--	---------------------------------------	---	---	---

<i>Faith</i>	Popcorn; fruit smoothies	Peanut butter sandwiches; milk	Veggies; yogurt	Crackers and cheese; smoothies	Pizza; veggies
--------------	--------------------------	--------------------------------	-----------------	--------------------------------	----------------

SNACKS

<i>Rachel</i>	"cheesy" popcorn, tulsi tea	raw milk with blackstrap molasses, lemon balm tea	raw cheese, kombucha	raw milk with blackstrap molasses, tulsi tea	kombucha, lemon balm tea
---------------	-----------------------------	---	----------------------	--	--------------------------

<i>Faith</i>	Soaked whole wheat bread	Fruit	Hard-boiled eggs	Peanuts and raisins	Carrots
--------------	--	-------	------------------	---------------------	---------