



A week-long meal plan of real food recipes
prepared by RD Janel Funk for Attune Foods

Real Food Menu

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUN	Egg omelet with spinach, mushrooms and onions, slice of whole wheat toast and a baked cinnamon apple	Homemade trail mix with almonds, raisins, Uncle Sam Original, and dark chocolate chips	Mixed organic salad greens topped with flaked, canned tuna, Kalamata olives, tomatoes, green beans and a sliced hard boiled egg; fresh fruit	Creamy banana smoothie with yogurt, ice and cinnamon.	Roasted root vegetables (butternut squash, parsnips, potatoes); baked chicken topped with olive oil, salt, pepper and fresh sage
MON	Uncle Sam Raisin Bran cereal with milk and organic orange slices	Ants on a log (celery sticks with peanut butter and raisins)	Whole wheat pita stuffed with hummus, salad greens, sprouts, cucumber slices and roasted red peppers; fresh fruit	Organic grapes and Greek yogurt	<u>Homemade minestrone soup</u> ; side salad and whole wheat dinner roll dipped in olive oil; baked chicken
TUES	Greek yogurt parfait layered with mixed berries and Uncle Sam Original	Veggie sticks and hummus	Tangy turkey sandwich on whole wheat bread with sliced turkey, sauerkraut, and Dijon mustard; fresh fruit; Side of homemade minestrone soup	Salted air-popped popcorn and a pear	Shrimp stir fry with brown rice, mixed stir fry veggies and <u>homemade teriyaki sauce</u>
WED	Stovetop oatmeal with dried fruit and nuts	Apple with almond butter	Cold quinoa salad with diced organic celery, dried cranberries, and cooked chickpeas with an oil and vinegar dressing; fresh fruit	Dried fruit and nut snack bar	Rice and black bean burritos in a whole wheat tortilla with fresh salsa and avocado slices
THURS	Whole wheat bread topped with mashed avocado and tomato slices; fresh fruit	Ants on a log (celery sticks with peanut butter and raisins)	<u>Creamy avocado and white bean wrap</u> ; side of Cold quinoa salad with diced celery, dried cranberries, and cooked chickpeas with an oil and vinegar dressing; fresh fruit	Homemade trail mix with almonds, raisins, Uncle Sam Original, and dark chocolate chips	Loaded baked sweet potato: topped with black beans, diced grilled chicken, salsa, chopped broccoli, shredded cheese, sliced jalapeno peppers
FRI	Uncle Sam Raisin Bran cereal with milk and orange slices	Grapes and Greek yogurt	Chicken salad on whole wheat bread made with grapes, celery, walnuts and Greek yogurt; Side mixed greens salad with mixed veggies and an oil vinegar dressing	Mini grape, cheese and cracker platter with a glass of red wine (it's Friday!)	Homemade veggie pizza on whole wheat dough with a side salad
SAT	Attune <u>Breakfast Crunch Cookies</u> topped with fresh or frozen organic berries	Berry smoothie blended with frozen berries, yogurt and ice	Grilled black bean burger on a whole wheat bun with lettuce and tomato slices; fresh fruit	Salted air-popped popcorn and veggie sticks	Lemon and dill topped broiled salmon; baked sweet potato wedges, sautéed spinach

Real Food Shopping List

DAIRY

- 1 carton of eggs
- 1 quart of milk
- 1 quart of Greek yogurt
- 1 carton unsweetened almond milk
- 1 block of cheddar cheese
- 1 block of Parmesan cheese

MEAT

- ½ lb. fresh or frozen shrimp
- 4 chicken breasts
- 2 salmon filets
- ¼ pound sliced deli turkey
- 1 box frozen black bean burgers

PRODUCE

- 1 bunch fresh spinach
- Sliced mushrooms
- 2 apples
- 2 oranges
- 1 carton fresh berries
- 2 avocados
- 3 tomatoes
- 1 bunch of grapes
- 1 bag frozen mixed berries
- 1 carton or bunch of salad greens
- 1 bunch celery
- ½ pound fresh green beans
- 1 container of organic sprouts
- 1 cucumber
- 1 head red cabbage
- 1 bunch carrots

- 1 bunch cilantro
- 1 red onion
- 1 head lettuce
- 1 banana
- 1 pear
- 1 pound root vegetables (butternut squash, parsnips, potatoes)
- Fresh sage
- 1 white onion
- 1 garlic bulb
- 1 bunch fresh basil
- 1 bag frozen mixed stir-fry vegetables
- 1 piece fresh ginger
- 2 sweet potatoes
- Head of broccoli
- 1 bunch fresh dill
- 1 lemon
- Fresh salsa

WHOLE GRAINS /

BREADS / PASTA

- 1 loaf of whole wheat bread
- Uncle Sam Raisin Bran
- Uncle Sam Original cereal
- Rolled oats
- 1 bag of whole wheat pita bread
- Quinoa
- Whole wheat wrap/tortilla
- Pre-made fresh whole wheat pizza dough
- Whole wheat burger buns
- Elbow pasta
- Whole wheat dinner rolls

- Brown rice
- 1 bag organic non-GMO popcorn kernels

CANNED / JARRED

- 1 can pumpkin puree
- 1 can tuna
- 1 jar Kalamata olives
- 1 jar roasted red peppers
- 1 jar lacto-fermented sauerkraut
- 1 jar Dijon mustard
- 1 jar nut butter (almond or peanut)
- 1 can low-salt chickpeas
- Olive oil
- Balsamic vinegar
- Cider vinegar
- 1 can chipotle
- 1 can low-salt white beans
- 1 can low-salt black beans
- 28oz can no-salt added diced tomatoes
- 14oz can crushed tomatoes
- Tomato sauce
- 1 15oz carton low-salt chicken broth
- 1 can low-salt kidney beans
- Low-salt soy sauce
- Sake or mirin
- 1 can sliced jalapeno peppers
- 1 can low-salt black beans

OTHER

- Dried fruit
- Almond meal

- | | | |
|---|---|--|
| <input type="checkbox"/> 1 bag of raw almonds | <input type="checkbox"/> Baking powder | <input type="checkbox"/> Dried cranberries |
| <input type="checkbox"/> Chia seeds | <input type="checkbox"/> Pumpkin pie spice | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Vanilla extract | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> 1 fruit and nut snack bar |
| <input type="checkbox"/> Maple syrup | <input type="checkbox"/> Sea salt | <input type="checkbox"/> Dried oregano |
| <input type="checkbox"/> Shredded coconut | <input type="checkbox"/> 1 bag dark chocolate chips | <input type="checkbox"/> Dried basil |
| <input type="checkbox"/> Raisins | <input type="checkbox"/> 1 tub of hummus | <input type="checkbox"/> Brown sugar |
| | | <input type="checkbox"/> Red wine |

NOTES

- Seek out BPA-free canned foods. Eden Organics and Trader Joe's sell BPA-free canned beans. Pomi tomatoes come in BPA-free boxes.
- Choose organic/non-GMO foods as much as possible. To avoid those fruits and vegetables with the highest levels of pesticides, stick with the [Environmental Working Group's Dirty Dozen and Clean Fifteen list](#).
- When choosing breads, seek out those breads that list "whole wheat flour" as the first ingredient, or state "100% whole wheat." Choose breads (pita, tortilla, etc.) that have 3 or more grams of fiber per serving.
- This meal-plan contains 30 unique breakfast, lunch, dinner and snack ideas. Depending on your family size, you may be preparing meals that have enough leftovers to be used for future lunches or dinners. Feel free to use this meal plan as a guide, estimating how much you'll need to provide adequate meals and snacks for your family without waste. Maybe you only make two of the lunches and two dinners in bulk to last the week, meaning you can stretch this meal plan into another week. Or perhaps you like the challenge of cooking up a new meal each day.
- The accompanying grocery list assumes you're stocking your kitchen from scratch. Chances are you already have many of these foods and ingredients on hand already!
- Feel free to mix and match or swap wherever necessary. If you prefer snacking on a juicy orange instead of apples, or prefer tilapia over salmon, feel free to customize!
- Not every meal or snack comes with a specific recipe. This is where we invite you to get creative! A quick internet search may pull up a variety of black bean burger recipes to choose from, or you may have a go-to trail mix you like to make.