

the real food kitchen stay-at-home lunch guide

	monday	tuesday	wednesday	thursday	friday
omnivore	11 madagascar chicken quinoa <i>recommended pairing:</i> baby carrots	12 white bean curry jasmine rice <i>recommended pairing:</i> sliced bell pepper	13 marinara beef meatballs whole wheat pasta <i>recommended pairing:</i> cucumber slices	14 chick-a-noodle soup whole wheat toast <i>recommended pairing:</i> snap peas	15 mac'n cheese <i>recommended pairing:</i> side salad
	18 beef bolognese whole wheat pasta <i>recommended pairing:</i> spinach salad	19 mexican style black beans whole wheat wrap <i>recommended pairing:</i> sweet corn	20 beef & mushroom burger one bun <i>recommended pairing:</i> coleslaw	21 vegetarian pasta bake <i>recommended pairing:</i> side salad	22 chickpea crusted chicken meteorites <i>recommended pairing:</i> pasta salad carrot & squash soup

- Weekly Shopping List**
- baby carrots
 - bell pepper
 - cucumber
 - snap peas
 - salad greens
 - spinach
 - coleslaw
 - salad dressing
 - frozen corn
 - whole wheat bread
 - whole wheat pasta
 - whole wheat wraps

herbivore	11 chickpea chowder jasmine rice <i>recommended pairing:</i> sliced bell pepper	12 mac'n cheese <i>recommended pairing:</i> side salad	13 white bean curry jasmine rice <i>recommended pairing:</i> sliced bell pepper	14 sunshine dahl one bun <i>recommended pairing:</i> coleslaw	15 vegetarian pasta bake <i>recommended pairing:</i> side salad
	18 carrot & squash soup whole wheat toast <i>recommended pairing:</i> red pepper hummus carrot & cucumber	19 mexican style black beans whole wheat wrap <i>recommended pairing:</i> sweet corn	20 chickpea chowder one bun <i>recommended pairing:</i> snap peas	21 mac'n cheese <i>recommended pairing:</i> side salad	22 white bean curry ontario quinoa <i>recommended pairing:</i> steamed broccoli

- Weekly Shopping List**
- bell pepper
 - cucumber
 - carrot
 - salad greens
 - broccoli
 - frozen corn
 - salad dressing
 - whole wheat bread
 - whole wheat wraps