

Sample Real Food Meal Plans

It's often helpful to see an example when you get started doing something new and meal planning is no different. If you're struggling with meal planning or just want to get some new ideas, check out these real food meal plans to get you started making your own. Here are two sample 7 day meal plans—one for summer and one for winter. Each meal plan incorporates a variety of real foods. Simply adapt them to suit your needs and dietary restrictions.

Sample 7 Day Real Food Meal Plan for Summer:

Day/#	Breakfast	Lunch	Dinner	Any prep needed?
Monday	Classic oatmeal w/ berries and walnuts	Black bean, corn, and avocado salad	Grilled salmon w/ lemon and garlic, quinoa confetti salad	
Tuesday	Very blueberry smoothie	Leftover salmon on salad, quinoa confetti salad	Black bean burgers in lettuce wraps w/ salsa, sweet potato fries	Soak brown rice for tomorrow's dinner, soak chickpeas
Wednesday	Chocolate banana smoothie	Large taco salad w/ black bean burger, salsa, veggies	Chickpea and lentil dahl w/ brown rice, Swiss chard sauté	Thaw chicken for tomorrow's dinner, freeze extra chickpeas for Sunday
Thursday	Coconut brown rice pudding using leftover rice	Chickpea and lentil dahl w/ brown rice, Swiss chard sauté	Chicken and veggie fried rice w/ leftover brown rice	Thaw cod for tomorrow's dinner
Friday	Greek yogurt w/ berries, almonds, honey	Chicken and veggie fried rice, side salad	Baked cod with vegetables	Thaw chicken for tomorrow's dinner
Saturday	Oatmeal pancakes w/ raw strawberry sauce	Summer picnic quinoa salad	Chicken fajitas w/ fresh veggies, salsa, black beans	
Sunday	Spinach, onion, and tomato omelet	Summer picnic quinoa salad	Greek salad, falafel w/ carrot tahini sauce	

Sample 7 Day Real Food Meal Plan for Winter:

Day/#	Breakfast	Lunch	Dinner	Any prep needed?
Monday	Leftover toasted buckwheat pancakes w/ almond butter	Hummus wrap w/ lettuce, avocado, tomato	Green beans amandine, quinoa pilaf, lemon garlic salmon	
Tuesday	Coconut ginger quinoa w/ almonds and raisins	Green beans amandine, quinoa pilaf, lemon garlic salmon	Stove-top veggie chili, cornbread	Soak black beans, make cornbread
Wednesday	Classic oatmeal w/ berries and walnuts	Stove-top veggie chili, cornbread	Black bean and carrot soup, cornbread	Soak brown rice for tomorrow's dinner
Thursday	Veggie omelet w/ spinach, tomatoes, onions, garlic	Black bean and carrot soup, cornbread	Red lentil dal, brown rice, roasted Brussels sprouts	
Friday	Maple-nut granola on Greek yogurt, apple	Red lentil dal, brown rice, roasted Brussels sprouts	Lemon pepper chicken, brown rice risotto, quick and easy kale	
Saturday	Scrambled eggs w/ leftover kale	Lemon pepper chicken sandwiches	Stuffed peppers w/ ground turkey and brown rice	
Sunday	Buckwheat pancakes w/ blueberry sauce	Stuffed peppers w/ ground turkey and brown rice	Burritos w/ black beans, lettuce, salsa, avocado, fall harvest apple crisp	