

Heavenly Homemaker's

40

Real Food  
Weekly Menu Plan Ideas

Sample Pack

[www.heavenlyhomemakers.com](http://www.heavenlyhomemakers.com)

This packet includes 40 complete menu plan ideas, 10 for each season of the year. In each menu plan, you will find ideas for all 3 meals each day for an entire week. No need to follow each menu plan to the letter. Change them as needed to fit your family's schedules and preferences. You'll find most of these recipes at [HeavenlyHomemakers.com](http://HeavenlyHomemakers.com) or in my [Oh For Real: Real Food, Real Family, Real Easy](#) book.

I aim to keep our meals simple and basic. A hearty main dish, along with a side dish or two that includes plenty of fruits and vegetables is all it takes to fill a hungry crew and offer nourishment.

Use this packet of [Real Food Menu Plans](#) to give you inspiration and guidance as you work to feed your family healthy meals. If nothing else, it's sure to make you hungry for wholesome food. After reading about barbecue brisket and homemade enchiladas, dinosaur shaped nuggets from a box just won't cut it. ☺

God bless your family meal time,  
*Laura Coppinger*



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# Fall Menu Ideas



You may want to stock up on cinnamon for this series of meal plans. What can I say? I like apples and pumpkins in the fall.

## Menu One

### Sunday

[Breakfast cake](#), apple slices  
Chili, raw veggies, [apple crisp](#)  
Healthier [cheese dip](#) with chips, grapes

### Monday

Apple crisp, cheese slices  
[Chicken patty sandwiches](#), [homemade ranch dip](#) with carrots and broccoli  
[Potato soup](#), carrots, applesauce

### Tuesday

Scrambled eggs, fruit/kefir smoothies  
[Bean and cheese burritos](#), fruit salad  
[Chicken alfredo](#), steamed broccoli, tossed salad

### Wednesday

[Pumpkin chocolate chip muffins](#), bananas  
Baked potatoes with cheese and sour cream, peas  
[Calico beans](#), [corn bread muffins](#)

### Thursday

[Warm pumpkin custard](#), toast, applesauce  
[Tomato soup](#), grilled cheese sandwiches, raw veggies  
[Spanish rice](#), tossed salad

### Friday

[Peanut butter pancakes](#), bananas  
[Creamy mac and cheese](#), peas  
[One dish meat and potato casserole](#), tossed salad

### Saturday

[Banana bread](#), fried eggs, pears  
Leftovers  
Baked steak, baked potatoes, green beans

# Winter Menu Ideas



Chicken noodle soup is a favorite of ours during the winter. As is potato soup. After you read through the winter menu ideas, you'll likely figure that out.

## Menu Eleven

### Sunday

[Easy breakfast casserole](#), oranges

[Alfredo sauce with pasta](#), steamed broccoli and carrots, tossed salad

Baked potatoes with chili, sour cream, cheese, and olives

### Monday

[Banana bread](#), scrambled eggs, applesauce

[Chicken noodle soup](#), carrots, kiwi

[One dish meat and potato casserole](#), peas

### Tuesday

[Flaky cream cheese pastry](#), apples

[Homemade corndogs](#), fruit salad

[Pizza casserole](#), tossed salad

### Wednesday

[Cinnamon swirl bread](#), scrambled eggs, clementines

[Hamburger cream cheese dip](#), tortilla chips, apples

[Crock pot barbecue chicken breasts](#), green beans, tossed salad

### Thursday

[Coconut flour muffins](#), kiwi

[Pizza boats](#), tossed salad, fruit

[Rice and veggie stir fry](#) with chicken, broccoli, carrots, and mushrooms

### Friday

[Giant breakfast cookies](#), apples

[Potato soup](#), raw veggies with [homemade ranch dip](#)

[Quick mix pancakes](#), scrambled eggs, turkey bacon, fruit

### Saturday

[Chocolate chocolate chips muffins](#), bananas

Leftovers

[Bbq brisket](#), tossed salad, cream cheese corn, green beans

# Spring Menu Ideas



Springtime at our house can still be on the chilly side. But I still fire up the grill anyway from time to time just to pretend that warm weather really is coming.

## Menu Twenty-One

### Sunday

[Blueberry coffee cake](#)

Scrambled egg sandwiches, apples, baby carrots

[Beef stroganoff](#), green beans

### Monday

[Breakfast cake muffins](#), fruit

[Chicken nuggets](#), homemade french fries, peas

Tacos

### Tuesday

French toast, fruit

[Homemade corndogs](#), pears, plums

[Hamburger cream cheese dip](#), baby carrots, grapes

### Wednesday

[Chocolate chocolate chip muffins](#), fruit

[Pasta alfredo](#), steamed broccoli and carrots

[Chicken fried steak strips](#), mashed potatoes and gravy, green beans

### Thursday

[Breakfast cookies](#), fruit

[Calzones](#), baby carrots

Lasagna, tossed salad, death by chocolate

### Friday

Peanut butter honey toast, oranges

[Meat and cheese burritos](#), tomatoes, fresh pineapple

[Easy noodle stir fry](#) with chicken, broccoli, carrots, asparagus, and zucchini

### Saturday

Scrambled eggs, fruit-kefir smoothies

Leftovers

Grilled salmon, baked potatoes, green beans, tossed salad



# Summer Menu Ideas



Don't tell the other seasons, but summer is my favorite time to plan meals. With the sun shining, plenty of fresh fruits and vegetables available, and all the fun grilling options, it just makes me happy.

## Menu Thirty-One

### Sunday

[Almond flour muffins](#), raspberries, applesauce

Grilled Italian chicken, green beans, potato salad, [creamy coleslaw](#), sweet peppers, strawberries, kiwi

[Cheesy salsa enchiladas](#), tossed salad, watermelon

### Monday

[Easy breakfast casserole](#), blueberries, clementines, applesauce

[Creamy mac and cheese](#), peas, watermelon, baby carrots

Hamburger hash-brown casserole, tossed salad, steamed broccoli, nectarines

### Tuesday

Scrambled eggs, turkey bacon, [pineapple-mango smoothies](#)

[Sloppy joes](#), dill pickles, olives, sweet peppers, strawberries, fresh pineapple

Tuna salad on lettuce with tomato slices, boiled eggs, grapes, baby carrots

### Wednesday

[Coconut flour muffins](#), raspberries, blueberries

Pasta salad bar (chicken, pasta, cheese, veggies, salad dressings), watermelon

[Pizza boats](#), tossed salad, pineapple, grapes

### Thursday

[Pancake sausage muffins](#), cantaloupe

[Spanish rice with chicken](#), grapes, sweet peppers

[Pasta alfredo](#), steamed broccoli and carrots, asparagus

### Friday

[Whole wheat waffles](#), strawberries, blueberries, whipped cream

Hamburger patties, green beans, watermelon, baby carrots, [pineapple-mango smoothies](#)

[Chicken tacos](#), avocados, grapes

### Saturday

[Cranberry white chocolate chip breakfast cookies](#), applesauce, kiwi

Leftovers

Grilled steak, baked potatoes, peas, zucchini, tossed salad

*Notice that each highlighted recipe is hyperlinked directly to Heavenly Homemakers.com to make finding these recipes very convenient for you!*

*Purchase [40 Real Food Menu Plan Ideas](#) for just \$5.00 to receive loads of healthy, wholesome menu planning inspiration!*