

| GMO FREE One Week Family Meal Plan for \$200 | by Real Food Girl: Unmodified for MAAM | Kristine Cocchiarella | |
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| BREAKFAST: | LUNCH: | DINNER: | Dessert |
| Monday: Fruit and Greek yogurt Smoothies | Monday: All Organic nachos with guacamole + cheese, salsa, shredded rotisserie chicken, sour cream. | Monday: Curry Chicken Salad Sandwiches with bacon, broccoli slaw and organic potato chips | Gluten Free Brownies (a non-gluten free version is included) |
| | http://www.realfoodgirlunmodified.com/holy-guacamole/ | http://www.realfoodgirlunmodified.com/curry-cayenne-chicken-salad/ | http://www.realfoodgirlunmodified.com/category/dessert/ |
| Tuesday: Italian Sausage & Gruyere Baked Omelet | Tuesday: Tuna Melts with veggies | Tuesday: Cheddar BBQ Mini Meatloaves, Twice baked potatoes & steamed vegs | Faux-reo (organic "Oreos") Cheesecake bars: |
| http://www.realfoodgirlunmodified.com/fast-and-furious-friday-italian-sausage-gruyere-baked-omelet/ | http://www.realfoodgirlunmodified.com/tuna-salad-and-a-tuna-melt/ | http://www.realfoodgirlunmodified.com/cheddar-bacon-bbq-meatloaves/ | http://www.realfoodgirlunmodified.com/faux-reo-cheesecake-bars/ |
| Wednesday: Greek Yogurt, fresh berries and granola parfaits | Wednesday: Chicken noodle soup | Wednesday: Out of the Box Hamburger Helper (GMO-Free), salad | Chocolate Ho-Ho Cake: |
| | http://www.realfoodgirlunmodified.com/clucker-noodle-soup-gmo-free/ | http://www.realfoodgirlunmodified.com/out-of-the-box-hamburger-helper/ | http://www.realfoodgirlunmodified.com/chocolate-ho-ho-cake-organicgmo-free/ |
| Thursday: French Toast & Fruit salad (melon, pineapple, grapes) | Thursday: Veggie and cheese quesadillas with fresh veggies or homemade salsa | Thursday: Pan seared pork chops with mustard cream sauce and cheesy broccoli orzo | Homemade Chocolate Syrup for chocolate milk, cocoa, or ice cream: |
| | | http://www.realfoodgirlunmodified.com/pan-seared-pork-chops-with-mustard-cream-sauce-organicgmo-free/ | http://www.realfoodgirlunmodified.com/rich-and-tasty-chocolate-syrup-gmo-free/ |
| Friday: Homemade blueberry muffins | Friday: Homemade mini Pizzas using homemade pizza dough | Friday: Chicken Salsa Verde with cornbread dumplings, Spinach salad with sliced pears, toasted almonds and champagne vinaigrette | Meyer Lemon Bars: |
| http://www.realfoodgirlunmodified.com/better-than-bettys-double-blueberry-muffins/ | http://www.realfoodgirlunmodified.com/fail-proof-organic-pizza-dough/ | http://www.realfoodgirlunmodified.com/chicken-salsa-verde-with-cornbread-dumplings/ | http://www.realfoodgirlunmodified.com/meyer-lemon-bars/ |
| Saturday: Breakfast burritos (eggs, and bacon, fresh veggies, cheese in a whole wheat organic tortilla) | Saturday: Grilled cheese sandwiches with organic yogurt and raw veggies, such as cauliflower and broccoli spears. | Saturday: Rustic one pot beef stew | http://www.realfoodgirlunmodified.com/one-pot-hearty-beef-stew-organicgmo-free/ |
| Sunday: Baked Oatmeal w/ apples and cinnamon or dried fruit | Sunday: Homemade Roasted Red Pepper Hummus with sautéed veggies (sugar snap peas, carrots, celery, onions, mushrooms, eggplant, green/red bell peppers) and organic pita bread. | Sunday: Spaghetti Squash with white sauce, a red sauce and organic bread sticks or French bread with homemade garlic butter spread and steamed green beans | For more recipes go to www.realfoodgirlunmodified.com to learn more about going GMO free go to MomsAcrossAmerica.com |