WEEK 1

WEEKLY DESSERT: Sourdough Chocolate Cake with Cream Cheese Frosting (from [Smart Sweets](https://downtastethecrumbs.com))

**SUNDAY**
(B) Soaked Breakfast Porridge and Fresh Seasonal Fruit  
(L) Peanut Butter and Fruit Butter Sandwiches, and Leftovers  
(D) Family Dinner [eat leftovers, a simple dinner, a meal from the pantry or start a new family tradition]

**MONDAY**
(B) Sourdough Pancakes with Fresh Seasonal Fruit, Raw Milk  
(L) Snacky Lunch with Carrot and Celery Sticks, Apple and Cheese Slices, Almonds and Hummus  
(D) Minestrone Soup with Sourdough Bread  
   • TIME SAVER: Make a double (or triple) batch of sourdough pancakes for breakfast on Thursday, possibly even lunches for the week.

**TUESDAY**
(B) Scrambled Eggs with Smoothies  
(L) Peanut Butter and Fruit Butter Sandwiches with Fresh Seasonal Fruit  
(D) Beef Tacos, Homemade Tortillas, Pineapple Salsa, Coconut Lime Rice, Traditional Salsa  
   • Reserve 2-3 tortillas for lunch on Thursday.

**WEDNESDAY**
(B) Sourdough Pancakes with Fresh Seasonal Fruit, Raw Milk  
(L) Leftover Pizza Pasta  
(D) Summer Squash Pasta (aka "Pizza Pasta")

**THURSDAY**
(B) Leftover Oatmeal Peanut Butter Bars (adapted from [From Garbage to Gourmet](https://downtastethecrumbs.com))  
(L) Peanut Butter & Banana Tortilla Pizza  
(D) Tortilla Soup with Sourdough Bread

**FRIDAY**
(B) Leftover Buffet from Previous Breakfasts  
(L) Leftover Buffet from Previous Lunches  
(D) Leftover Buffet from Previous Dinners

**SATURDAY**
(B) Bacon and Biscuits, Smoothies and Fresh Seasonal Fruit  
(L) Lunch Out or Leftovers  
(D) Pizza Night [or replace with your own fun family tradition]

For additional menu ideas and tips for eating real food on a real budget, visit [DontWastetheCrumbs.com](https://downtastethecrumbs.com).
WEEK 2

WEEKLY DESSERT:  None

SUNDAY
(B) Soaked Breakfast Porridge and Fresh Seasonal Fruit
(L) Peanut Butter and Fruit Butter Sandwiches, and Leftovers
(D) Family Dinner [eat leftovers, a simple dinner, a meal from the pantry or start a new family tradition]

MONDAY
(B) Sourdough Pancakes with Fresh Seasonal Fruit, Raw Milk
(L) Snacky Lunch with Carrot and Celery Sticks, Apple and Cheese Slices, Almonds and Hummus
(D) Marinated Beef Greek Pitas with Couscous
  • Make double batch of beef and couscous for dinner on Wednesday.

TUESDAY
(B) Scrambled Eggs with Smoothies
(L) Peanut Butter and Fruit Butter Sandwiches with Fresh Seasonal Fruit
(D) Tomato Basil Soup with Sourdough Bread
  • Make double batch of soup for dinner on Thursday.

WEDNESDAY
(B) Leftover Buffet from Previous Breakfasts, Raw Milk
(L) Peanut Butter and Fruit Butter Sandwiches, and Leftovers
(D) Leftover Marinated Beef Greek Pitas with Couscous

THURSDAY
(B) Smoothies and Fresh Seasonal Fruit
(L) Lunch at the Conference
(D) Leftover Tomato Basil Soup with Sourdough Bread

FRIDAY
(B) Smoothies and Fresh Seasonal Fruit
(L) Lunch at the Conference
(D) Dinner Out

SATURDAY
(B) Smoothies and Fresh Seasonal Fruit
(L) Lunch on the Road or Leftovers
(D) Peanut Butter and Fruit Butter Sandwiches, and Leftovers

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