

# WHOLE30 MEAL PLAN

## WEEK 1

	BREAKFAST	LUNCH	DINNER	LIST
MONDAY	WHOLE30 EGG BAKE + COFFEE WITH COCONUT CREAM	CHICKEN SALAD ON LETTUCE WITH SIDE OF VEGGIES OR FRUIT	CHICKEN ZUCCHINI POPPERS + GARLICKY KALE + SWEET POTATO FRIES WITH RANCH	
TUESDAY	WHOLE30 EGG BAKE + COFFEE WITH COCONUT CREAM	LEFTOVER CHICKEN ZUCCHINI POPPERS + LEFTOVER KALE + FRUIT	CAJUN-SPICED STEAK SALAD WITH HARD-BOILED EGGS AND RANCH DRESSING	
WEDNESDAY	PALEO "CEREAL" WITH ALMOND MILK + COFFEE WITH COCONUT CREAM	CHICKEN SALAD ON LETTUCE WITH SIDE OF VEGGIES OR FRUIT	CHICKEN TIKKA MASALA WITH GREEN BELL PEPPERS OVER CAULIFLOWER "RICE"	
THURSDAY	WHOLE30 EGG BAKE + COFFEE WITH COCONUT CREAM	LEFTOVER CHICKEN ZUCCHINI POPPERS + SALAD WITH HOMEMADE RANCH OR TESSEMAE'S	ZOODLES AND ITALIAN MEATBALLS WITH MARINARA + ITALIAN SPINACH	
FRIDAY	PALEO "CEREAL" WITH ALMOND MILK AND BLUEBERRIES, WARM + COFFEE WITH COCONUT CREAM	LEFTOVER CHICKEN TIKKA MASALA OVER CAULIFLOWER "RICE"	SAUTÉED SHRIMP + CAULIFLOWER MASH + GARLICKY KALE	
SATURDAY	SWEET POTATO TOAST W/ALMOND BUTTER + SLICED BANANA + COFFEE WITH COCONUT CREAM	LEFTOVER ZOODLES AND MEATBALLS + LEFTOVER ITALIAN SPINACH	BURGERS ON LETTUCE BUNS WITH GUAC & PALEO BACON + SWEET POTATO FRIES WITH RANCH	
SUNDAY	SWEET POTATO TOAST W/FRIED EGG + MASHED AVOCADO + COFFEE WITH COCONUT CREAM	LEFTOVER SAUTÉED SHRIMP + CAULI- FLOWER MASH + GARLICKY KALE	CURRY TURKEY BITES W/APRICOT-GINGER SAUCE + GREEN BEANS W/ONIONS, MUSHROOMS, PEPPERS	

