

# WHOLE30 MEAL PLAN

## WEEK 2

	BREAKFAST	LUNCH	DINNER	LIST
MONDAY	BUFFALO CHICKEN BREAKFAST CASSE-ROLE	GRILLED AIDELL'S CHICKEN APPLE SAUSAGE + BAKED SWEET POTATO + SALAD WITH RANCH	CHICKEN PROSCIUTTO INVOLTINI + ZOODLES + GARLIC SAUTÉED SPINACH	
TUESDAY	BUFFALO CHICKEN BREAKFAST CASSE-ROLE	LEFTOVER CHICKEN PROSCIUTTO INVOLTINI + ZOODLES + SPINACH	ZUPPA TOSCANA	
WEDNESDAY	SWEET POTATO BREAKFAST BOWL WITH ALMOND BUTTER, RAISINS, COCONUT	LEFTOVER ZUPPA TOSCANA	COCONUT SHRIMP WITH APRICOT-GINGER SAUCE + SWEET POTATO "FRIES"	
THURSDAY	BUFFALO CHICKEN BREAKFAST CASSE-ROLE	LEFTOVER COCONUT SHRIMP + SWEET POTATO "FRIES"	SIMPLE SAUTÉED PROTEIN + CHIMICHURRI + ROASTED BROCCOLI + BAKED SWEET POTATO WITH GHEE / CINNAMON	
FRIDAY	PALEO "CEREAL" WITH ALMOND MILK AND BLUEBERRIES, WARM	LEFTOVER PROTEIN + CHIMICHURRI + BROCCOLI + SWEET POTATO	MANGO AVOCADO SALSA SALMON WITH COCONUT LIME CAULIFLOWER RICE	
SATURDAY	BUFFALO CHICKEN BREAKFAST CASSE-ROLE	LEFTOVER MANGO AVOCADO SALSA SALMON WITH COCONUT LIME CAULIFLOWER RICE	SWEDISH MEATBALLS + MASHED POTATOES + GARLICKY KALE	
SUNDAY	QUICK HOMEMADE BREAKFAST SAUSAGE + SWEET POTATO HOME FRIES + GHEE-FRIED EGGS	LEFTOVER SWEDISH MEATBALLS + MASHED POTATOES + GARLICKY KALE	TACO SALAD	

