

WHOLE30 MEAL PLAN

WEEK 3

	BREAKFAST	LUNCH	DINNER	LIST
MONDAY	AIDELLS-VEGGIE EGG BAKE	CURRIED CHICKEN SALAD, LEFTOVER VEGGIES	THAI COCONUT SHRIMP SOUP + ROASTED ACORN SQUASH WITH GINGER	
TUESDAY	SWEET POTATO BLUE-BERRY BAKE	LEFTOVER THAI COCONUT SHRIMP SOUP + ROASTED ACORN SQUASH	SAAG CHICKEN + CAULIFLOWER RICE	
WEDNESDAY	AIDELLS-VEGGIE EGG BAKE	LEFTOVER SAAG CHICKEN + CAULIFLOWER RICE	GREEK GODDESS BOWLS W/TABBOULEH + SOFT-BOILED EGGS + CRISPY ARTICHOKE HEARTS + BABA GANOUSH	
THURSDAY	SWEET POTATO BLUE-BERRY BAKE	LEFTOVER GODDESS BOWLS	EASY APPLE CIDER PORK CHOPS + ROASTED BROCCOLI	
FRIDAY	AIDELLS-VEGGIE EGG BAKE	LEFTOVER APPLE CIDER PORK CHOPS + BROCCOLI	CHICKEN MEATBALLS WITH SPICY "PEANUT" SAUCE (RECIPE DOUBLED AND SAUCE QUADRUPLED) + ZOODLES + CILANTRO GARNISH	
SATURDAY	SWEET POTATO BLUE-BERRY BAKE	LEFTOVER CHICKEN MEATBALLS + ZOODLES	STEAKHOUSE-STYLE FILET MIGNON + SWEET POTATOES WITH GHEE + "CREAMED" SPINACH	
SUNDAY	AIDELLS-VEGGIE EGG BAKE	LEFTOVERS OR CURRIED CHICKEN SALAD	SEARED SCALLOPS WITH GINGER-BLUE-BERRY SAUCE, ROASTED BUTTERNUT SQUASH, GARLICKY KALE	

