

MAKE CHOCOLATE CHILI
THE LAST NIGHT OF WEEK 3!

WHOLE30 MEAL PLAN

WEEK 4

	BREAKFAST	LUNCH	DINNER	LIST
MONDAY	COCONUT PUMPKIN BREAKFAST BAKE	CHILI WITH CHOCOLATE AND SWEET POTATOES	TANDOORI WINGS WITH MINT CHUTNEY + CURRIED EGGPLANT AND SPINACH	
TUESDAY	COCONUT PUMPKIN BREAKFAST BAKE	LEFTOVER TANDOORI WINGS + CURRIED EGGPLANT AND SPINACH	WHOLE ROAST CHICKEN IN CROCKPOT WITH GRAVY + CAULIFLOWER MASH	
WEDNESDAY	COCONUT PUMPKIN BREAKFAST BAKE	LEFTOVER ROAST CHICKEN WITH GRAVY + CAULIFLOWER MASH	CHILI WITH CHOCOLATE AND SWEET POTATOES	
THURSDAY	COCONUT PUMPKIN BREAKFAST BAKE	LEFTOVER CHILI WITH CHOCOLATE AND SWEET POTATOES	TORTILLA-LESS SOUP	
FRIDAY	COCONUT PUMPKIN BREAKFAST BAKE	LEFTOVER TORTILLA-LESS SOUP	FISH TACO BOWLS	
SATURDAY	MANGO CHICKEN BREAKFAST SAUSAGE PATTIES + 2 FRIED EGGS	LEFTOVER FISH TACO BOWLS	BBQ MEATLOAF MUFFINS WITH SWEET POTATO TOPPING + GARLICKY KALE	
SUNDAY	BREAKFAST SWEET POTATO FRIES	LEFTOVER BBQ MEATLOAF MUFFINS + GARLICKY KALE	MANGO CHICKEN WITH COCONUT CAULIFLOWER RICE	

