

Whole30 Meal Plan

WEEK ONE

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Mon</i>	Hash brown sausage breakfast casserole	Healthy Mexican chicken meal prep	Egg roll in a bowl
<i>Tues</i>	Leftover hashbrown sausage breakfast casserole	Egg roll in a bowl leftovers	Mexican chicken stuffed sweet potatoes, sautéed bell peppers
<i>Wed</i>	Scrambled eggs in ghee, leftover sautéed peppers, avocado	Healthy Mexican chicken meal prep	Tom kha soup, sautéed zucchini
<i>Thurs</i>	Leftover hashbrown sausage breakfast casserole	Leftover tom kha soup with leftover sautéed zucchini	Steak fajitas with cilantro-lime cauliflower rice
<i>Fri</i>	Leftover hashbrown sausage breakfast casserole	Leftover fajitas over salad greens, with ranch and guacamole	Buffalo chicken casserole with ranch and cauliflower rice, simple salad
<i>Sat</i>	Sweet potato toast with mashed avocado, side of tomatoes, soft boiled eggs	Sautéed Aidells chicken and apple sausage, roasted broccoli, berries, ranch	Asian lettuce wraps, sesame zucchini
<i>Sun</i>	Sweet potato bowl with side of sautéed spinach	Smoked tuna salad over lettuce with shishito peppers on the side	Chicken zucchini poppers, roasted green beans, roasted acorn squash with ghee

