

# Week 2 Meal Plan Details

Each meal plan is for 2 people. Each day outlines what 2 people eat, so if a meal says “1 avocado,” you will eat 1 total avocado between the 2 of you.

## Day 1:

**Breakfast:** [Breakfast Casserole with Sausage, Eggs, Spinach, and Mushrooms](#)

- Prepare this the day before if your “day 1” starts on a work day

**Lunch:** [Buffalo Chicken Ranch Meal Prep](#)

- Prepare this the day before if your day 1 starts on a work day

**Dinner:** [Zuppa Toscana](#)

- Double this recipe

## Day 2:

**Breakfast:** Leftover breakfast casserole

**Lunch:** Leftover Zuppa Toscana

**Dinner:** [Italian Meatballs with Creamy Tomato Sauce](#) over zoodles with a side of sautéed spinach

- Heat 1 tablespoon ghee in a skillet over medium heat. Add 8 cups spinach and stir until wilted. Season with plenty of salt.

## Day 3:

**Breakfast:** Baked sweet potatoes topped with poached eggs, guacamole, fresh salsa

- Bake 2 sweet potatoes until tender (Rinse and prick all over with a fork, then roast directly on oven rack in a 425° oven for 45-55 minutes. Alternately, [follow my directions](#) to quickly cook your sweet potatoes in the Instant Pot).
- Poach 4 eggs and season with salt. [Follow these directions](#) to poach. Alternately, fry your eggs in a bit of ghee.

- Mash the meat of 2 avocados with plenty of salt.
- 1 cup fresh salsa.
- Slice open your sweet potato and press the ends in to open the sweet potato up. Top with 2 poached eggs per sweet potato, half the guacamole, and half the fresh salsa.

**Lunch:** Leftover Zuppa Toscana

**Dinner:** [Jambalaya](#)

## Day 4:

**Breakfast:** Leftover breakfast casserole

**Lunch:** Buffalo chicken ranch meal prep

**Dinner:** Plain rotisserie chicken, [mashed potatoes](#), [Whole30 gravy](#), side of roasted green beans

- Make sure you get a “naked” rotisserie chicken, one that is made only with compliant ingredients. Sprouts or Whole Foods is a great place to try. Alternately, follow my recipe for the perfect roast chicken with gravy at the bottom of this document. You can skip the separate Whole30 gravy recipe if you go this route.
- Preheat oven to 425°. Toss 4 cups of green beans (washed with ends cut off) in 1 tablespoon avocado oil and season with plenty of salt. Roast 20 minutes or until beginning to wrinkle with brown spots.

## Day 5:

**Breakfast:** Scrambled eggs with bacon and sauteed peppers

- Deseed 2 bell peppers and slice into strips. Sauté in avocado oil until softened (about 10 minutes) over medium heat.
- Scramble 6 eggs in ghee and season with salt.
- Fry 4 pieces bacon until crisp, then drain over paper towels. Make sure you use a compliant brand of bacon, like Pederson’s.

**Lunch:** Leftover Italian meatballs over steamed cauliflower rice, [garlicky kale](#)

- 3 cups cauliflower rice.

- 1 bunch kale. See recipe within post linked above.

**Dinner:** [Steak with bearnaise sauce](#), roasted potatoes, creamed spinach

- Roughly chop 8 cups of spinach. Heat 1 tablespoon ghee in a skillet over medium heat then add 1 shallot, minced, and sauté til softened, about 3 minutes. Add spinach and stir until wilted. Stir in ½ cup coconut cream and season with plenty of salt.
  - Coconut cream is just the solid white part of a can of full-fat coconut milk.
- Cut 2 cups of fingerling potatoes down the middle lengthwise. On a baking sheet, toss with 1-2 tablespoons avocado oil and season with plenty of salt. Roast in a 425° oven for 15-20 minutes or until golden brown and crispy.

## Day 6:

**Breakfast:** [Breakfast burritos](#)

- Double recipe.

**Lunch:** Leftover jambalaya

**Dinner:** Leftover rotisserie chicken with leftover béarnaise sauce, leftover mashed potatoes, roasted broccoli

- Preheat oven to 425°F and toss 6 cups broccoli with 1-2 tablespoons avocado oil. Sprinkle with plenty of salt and roast 15-20 minutes.

## Day 7:

**Breakfast:** [Breakfast Sandwiches](#)

- Double the recipe.

**Lunch:** Sautéed chicken breast with chimichurri, side of roasted broccoli, baked sweet potatoes

- Sprinkle both sides of 2 boneless skinless chicken breasts with plenty of salt. Heat avocado oil in a large skillet over medium-high heat until oil is shimmering. Carefully place chicken breasts in skillet and cook 5-6 minutes per side, depending on thickness of breast, or until chicken is browned and firm. Transfer to a plate and let rest 5 minutes. Serve with plenty of chimichurri.
- Preheat oven to 425°F and toss 6 cups broccoli with 1-2 tablespoons avocado oil. Sprinkle with plenty of salt and roast 15-20 minutes. Toss with a little chimichurri.
- Follow above directions for baking 2 sweet potatoes. Top with ghee, salt, cinnamon, and Cajun

or Mexican seasoning.

### **Dinner: Fajita Salad**

- Double the recipe but don't assemble half until tomorrow for lunch.
- Double the avocado and save half for tomorrow; don't cut it until tomorrow, of course!

## **Perfect Roast Chicken with Gravy**

### **Ingredients**

#### **Perfect Roast Chicken**

- 1 3-3.5 pound chicken giblets removed
- 2 tablespoons [avocado oil](#) or other oil with a high smoke point
- 1 teaspoon salt plus more

#### **Gravy**

- 3 tablespoons drippings or fat
- 4 tablespoons [arrowroot powder](#)
- 2 1/2 cups [chicken stock](#)
- 1/2 teaspoon salt
- pinch thyme or sage if desired

### **Directions**

1. Preheat oven to 450° F, 232° C.
2. Remove giblets and neck from cavity of chicken then season the cavity with salt. Next,
3. truss your chicken.

### **Truss Your Chicken**

1. Place a piece of kitchen twine about 1 meter long centered in your cast-iron skillet. Place the chicken on top, breast up, and bring the twine up and over the legs, down along the crease where the leg meets the body. Run twine under ends of legs and then pull twine to meet, crossing legs and pulling very tight. Tie a knot and finish with a bow. Take wing tips and pull them up and behind the body of the chicken, tucking behind the body.
2. Pour oil over the chicken and sprinkle liberally with lots of salt.
3. Place chicken in oven and roast for 50 minutes, or until internal temperature is 161° F. It will take slightly longer for bigger chickens, which is why I highly recommend a digital thermometer with an internal probe.
4. When internal temperature reaches 161° F, remove from oven and carefully transfer

chicken to cutting board to rest.

### **Make Gravy**

1. Carefully place cast-iron skillet on stovetop, making sure to always use a pot holder to touch the handle from this point on. Pour of all but 3 tablespoons drippings then sprinkle arrowroot powder or flour over. Whisk constantly until smooth and golden brown, then gradually pour in chicken stock, whisking constantly until incorporated. Season with salt and thyme or sage. Simmer until slightly thickened, a few minutes.
2. Carve chicken and serve with plenty of gravy.