

Whole30 Meal Plan

WEEK TWO

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Mon</i>	Breakfast casserole with sausage, eggs, spinach, and mushrooms	Buffalo chicken ranch meal prep	Zuppa Toscana
<i>Tues</i>	Leftover breakfast casserole	Leftover Zuppa Toscana	Italian meatballs with creamy tomato sauce, zoodles, sautéed spinach
<i>Wed</i>	Baked sweet potatoes with poached eggs, guacamole, salsa	Leftover Zuppa Toscana	Jambalaya
<i>Thurs</i>	Leftover breakfast casserole	Buffalo chicken ranch meal prep	Plain rotisserie chicken, mashed potatoes, gravy, roasted green beans
<i>Fri</i>	Scrambled eggs with bacon and sautéed peppers	Leftover Italian meatballs over steamed cauliflower rice, garlicky kale	Steak with béarnaise sauce, roasted potatoes, creamed spinach
<i>Sat</i>	Breakfast burritos	Leftover jambalaya	Leftover rotisserie chicken with leftover béarnaise sauce, leftover mashed potatoes, roasted broccoli
<i>Sun</i>	Breakfast “sandwiches” with sausage and egg	Chicken breast with chimichurri, roasted broccoli, baked sweet potato	Fajita salad

