

Week 3 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: [Spinach Artichoke Breakfast Casserole](#)

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

Lunch: Leftover fajita salad from dinner the night before, avocado

- Avocado from the day before; slice right before serving.

Dinner: [Chicken Curry](#), cauliflower rice

- 3 cups cauliflower rice, steamed.

Day 2:

Breakfast: Leftover spinach artichoke breakfast casserole

Lunch: [Greek Meal Prep](#)

Dinner: [Chimichurri Meatballs](#), roasted fingerling potatoes, sautéed kale

- 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. Drizzle with chimichurri.
- Heat a drizzle of avocado oil or ghee in a large skillet. Add 1 bunch of kale, sliced and thick stems discarded, to skillet and cook, stirring regularly, until bright green and softened. Season with salt and toss with a spoonful of chimichurri.

Day 3:

Breakfast: Eggs pan-fried in ghee with hot sauce, berries, snacking peppers with ranch

- 6 eggs
- 1 cup berries

- 3 cups snacking peppers with ranch dressing

Lunch: Greek meal prep

Dinner: [Instant Pot Chicken Tortilla-Less Soup](#) with 1 avocado, sliced

- If you don't have an Instant Pot, follow the directions in the post for the slow cooker. Or if you prefer to cook the soup on the stovetop:
 - Bake the chicken ahead of time and then cut it into bite-sized pieces. Combine everything on the stovetop and simmer until zucchini is cooked through. Heat 1 tablespoon ghee in a skillet over medium heat. Add 8 cups spinach and stir until wilted. Season with plenty of salt.

Day 4:

Breakfast: Leftover spinach artichoke breakfast casserole

Lunch: Leftover chimichurri meatballs, simple salad with ranch

- Salad: 6-8 cups salad greens, ½ cucumber sliced, ¾ cup grape tomatoes halved, ¼ red onion thinly sliced, ranch dressing

Dinner: [Crockpot Carnitas](#) in lettuce wraps with guacamole and salsa, [Cilantro-Lime Cauliflower Rice](#)

- Guacamole: mash together the meat of 2 avocados, juice of 1 lime, and plenty of salt.
- Lettuce wraps: 1 head Bibb lettuce, leaves gently removed. Spoon carnitas into lettuce cups and top with guacamole and fresh salsa. You'll need about ⅓ cup salsa.

Day 5:

Breakfast: Leftover spinach artichoke breakfast casserole

Lunch: Leftover chicken curry, steamed cauliflower rice

- 3 cups cauliflower rice, steamed

Dinner: [Carnitas Chilaquiles](#)

Day 6:

Breakfast: [Plantain Apple Chicken Sausage Breakfast Hash](#)

- Quadruple recipe and save half

Lunch: Leftover chicken tortilla-less soup

- 1 avocado, sliced

Dinner: [Sesame Chicken](#) over [Asian Slaw](#)

- Use a blend of half coconut flour plus half arrowroot powder or tapioca starch if you do not have cassava flour

Day 7:

Breakfast: Leftover plantain apple chicken sausage breakfast hash

Lunch: Carnitas over lettuce, guacamole, red onion, salsa

- 4 cups salad greens, topped with leftover carnitas, quick guacamole, ½ cup red onion, fresh salsa
- Guacamole: 2 avocados + juice of 1 lime + salt. Mash together.
- You'll need about ½ cup fresh salsa

Dinner: [Chimichurri Shrimp Skewers](#), sauteed zucchini, roasted potatoes

- Slice off ends of 3 medium zucchini, then slice into ½" pieces. Heat a generous drizzle of avocado oil in a large skillet and fry over medium-high heat until zucchini is very browned on both sides. Season with plenty of salt, plus pepper if desired. Drizzle with chimichurri.
- 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. Drizzle with chimichurri.