

*Read the book first!*

Each week's folder contains the details on each week's meal plan, including recipe links, as well as instructions for "easier" meals that don't follow true recipes. A few notes:

- It's best if you go in order. I planned each week based on how you'd feel to start and when you'd get tired of what dish, as well as making weeks work with one another. For example, you make fajita salad at the end of one week and eat it at the start of the next. So go in order if you can!

Make sure you check out the pantry staples list in every meal plan printable. Pick these things up if you don't have them on hand!

I highly recommend you make your own ranch dressing and mayonnaise. My recipes make it super easy, especially if you have an immersion blender.

- [Dump Ranch Dressing](#)
- [1-Minute Mayonnaise](#)

If you don't have an immersion blender (Well, you should get one!), there are alternate approaches for making both recipes in each post.

Meal prep recipes usually make 5, so one of you will have to eat figure out something else for lunch that week. Leftovers are great!

You can definitely do this cheaper, but I've developed this meal plan to include some of my favorite recipes in an order I think will keep you into the Whole30! If you ever want to swap out recipes, feel more than free. Just reduce the number of ingredients from that recipe in the meal plans.

These meal plans are made for two people, and the documents refer to the total quantity or volume needed for two total. So if the detail says 8 cups of salad greens, that's 8 cups *total*, and you'll each eat 4 cups.

Drink coffee with creamer every damn day! I didn't include that in the meal plan, because I assumed that was a given. Drink up, and make sure you have plenty of your favorite creamer on hand!

Always make sure each ingredient you buy is compliant. Things like chicken stock, rice wine vinegar, etc., can have non-compliant ingredients, so be sure you check! And yes, rice wine vinegar (and white and red wine vinegars) is compliant, just make sure there's no added sugar or other non-compliant ingredient.

I recommend buying cauliflower rice in bulk at Costco. It comes pre-riced and frozen, and it's super cost effective and easy!