

Whole30 Meal Plan

List

WEEK FOUR

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Mon</i>	Quiche Lorraine, garlicky kale	Zuppa Toscana	Instant Pot chili with butternut squash, sliced avocado
<i>Tues</i>	Leftover quiche Lorraine	Leftover Zuppa Toscana	Creamy tomato artichoke chicken, zoodles, garlicky kale
<i>Wed</i>	Roasted acorn squash with poached eggs, ghee, cinnamon	Leftover chili, red onion	Chicken tikka masala, cauliflower rice
<i>Thurs</i>	Leftover quiche Lorraine	Leftover tomato artichoke chicken, zoodles, simple salad	Chicken bacon ranch poppers, sweet potato fries, ranch dressing
<i>Fri</i>	Roasted butternut squash hash with apples and bacon	Leftover chili, pickled jalapeño slices	Leftover chicken bacon ranch poppers, leftover sweet potato fries, ranch dressing
<i>Sat</i>	Sausage gravy over potatoes, sautéed peppers and onions	Leftover chicken tikka masala, cauliflower rice	Shrimp and grits, sautéed chard or other greens
<i>Sun</i>	Leftover sausage gravy over potatoes with peppers and onions	Pesto chicken salad, sliced tomatoes with olive oil, salad with balsamic dressing	Creamy bacon mushroom chicken thighs, mashed potatoes
<i>Mon</i>	Leftover butternut squash hash with bacon and apples, garlicky kale	Leftover creamy bacon mushroom chicken thighs, mashed potatoes	Bang bang shrimp in lettuce cups, mushrooms sautéed in sesame oil with coconut aminos
<i>Tues</i>	Sweet potato breakfast bowl, sautéed spinach	Leftover pesto chicken salad, roasted broccoli tossed with pesto	Coconut chicken with "honey" mustard, baked french fries, simple salad

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