

# Whole30 Meal Plan

List

## WEEK THREE

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Mon</i>	Spinach artichoke breakfast casserole	Leftover fajita salad from dinner the night before, avocado	Chicken curry, cauliflower rice
<i>Tues</i>	Leftover spinach artichoke breakfast casserole	Greek meal prep	Chimichurri meatballs, roasted fingerling potatoes, sautéed kale
<i>Wed</i>	Eggs fried in ghee with hot sauce, berries, snacking peppers with ranch	Greek meal prep	Chicken tortilla-less soup
<i>Thurs</i>	Leftover spinach artichoke breakfast casserole	Leftover chimichurri meatballs, simple salad	Crockpot carnitas in lettuce wraps with guacamole and salsa, cilantro-lime cauliflower rice
<i>Fri</i>	Leftover spinach artichoke breakfast casserole	Leftover chicken curry, steamed cauliflower rice	Carnitas chilaquiles
<i>Sat</i>	Plantain apple chicken sausage breakfast hash	Leftover chicken tortilla-less soup	Sesame chicken over Asian slaw
<i>Sun</i>	Leftover plantain apple chicken sausage breakfast hash	Carnitas over lettuce, guacamole, red onion, salsa	Chimichurri shrimp skewers, sautéed zucchini, roasted potatoes

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