

WHOLE30 MEAL PLAN

*CLICK ON THE MEAL TO BE DIRECTED TO THE RECIPE

	BREAKFAST	LUNCH	DINNER
DAY 1	Sausage Pizza Egg Muffin	Harvest Chicken Salad w/ Herbed Aioli	Pot Roast and Potatoes
DAY 2	Sausage Pizza Egg Muffin	Harvest Chicken Salad w/ Herbed Aioli	Jalapeno Turkey Burger
DAY 3	Scrambled eggs loaded w/ veggies (no recipe link)	Harvest Tuna Salad	Italian Meatballs
DAY 4	Scrambled eggs loaded w/ veggies (no recipe link)	Lettuce Wrap w/ compliant deli meat (no recipe link)	Fajita Chicken Kabobs
DAY 5	Prosciutto Egg Cups	Kale Chicken Caesar Salad	Beef Chili
DAY 6	Prosciutto Egg Cups	Kale Chicken Caesar Salad	Beef Chili

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	BREAKFAST	LUNCH	DINNER
DAY 7	Chorizo Breakfast Hash	Pepper Steak Salad w/ Horseradish Dressing	Blackened Cajun Tilapia w/ tomato & avocado salsa
DAY 8	Breakfast casserole w/ sausage, eggs, spinach	Pepper Steak Salad w/ Horseradish Dressing	Grilled Bacon Burgers
DAY 9	Leftovers: Casserole w/ sausage, eggs, spinach	Pepper Steak Salad w/ Horseradish Dressing	Lemon Garlic Salmon
DAY 10	Easy Apple Cinnamon Hot Cereal	Lettuce Wrap w/ compliant deli meat (no recipe link)	Fajita Chicken Kabobs
DAY 11	Potato Avocado Toast with Perfectly Poached Egg	Caprese Salad	Slow Cooker White Chicken Chili
DAY 12	Potato Avocado Toast with Perfectly Poached Egg	Caprese Salad	Slow Cooker White Chicken Chili

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	BREAKFAST	LUNCH	DINNER
DAY 13	Paleo Bacon Breakfast	Greek Chicken Salad	Balsamic Flank Steak with Chimichurri Sauce
DAY 14	Apple Coconut Breakfast Bowl	Greek Chicken Salad	Beef Stew
DAY 15	Breakfast Casserole w/ sausage, eggs, spinach	Kale Chicken Caesar Salad	Pot Roast and Potatoes
DAY 16	(Leftovers) Casserole w/ sausage, eggs, spinach	Kale Chicken Caesar Salad	Chipotle Copycat Carnitas Bowl
DAY 17	Easy Apple Cinnamon Hot Cereal	(Leftovers) Chipotle Copycat Carnitas Bowl	Healthy Lettuce Wraps
DAY 18	Potato Avocado Toast with Perfectly Poached Egg	Lettuce Wrap w/ compliant deli meat (No recipe link)	Grilled Bacon Burgers

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DAY 19	Chia Seed Pudding	BLT Salad	Blackened Cajun Tilapia w/ tomato and avocado salsa
DAY 20	Chia Seed Pudding	BLT Salad	Instant Pot Artichoke Antipasto Pork Loin
DAY 21	Sweet potato hash w/ sausage & eggs	Roasted brussels sprouts w/ sweet potato & pomegranate	Balsamic Flank Steak with Chimichurri Sauce
DAY 22	Sweet potato hash w/ sausage & eggs	Roasted brussels sprouts w/ sweet potato & pomegranate	Zucchini Lasagna
DAY 23	Sausage Pizza Egg Muffin	Loaded Lettuce Wrap w/ compliant deli meat (no recipe)	Chipotle Copycat Carnitas Bowl
DAY 24	Sausage Pizza Egg Muffin	(Leftovers) Chipotle Copycat Carnitas Bowl	Beef Chili

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	BREAKFAST	LUNCH	DINNER
DAY 25	Chorizo Breakfast Hash	Harvest Chicken Salad w/ Herbed Aioli	Beef Stew
DAY 26	Egg Muffins	Harvest Chicken Salad w/ Herbed Aioli	Fish Taco Bowls
DAY 27	Egg Muffins	BLT Salad	Bacon Wrapped Meatloaf
DAY 28	Scrambled eggs loaded w/ veggies (No recipe link)	BLT Salad	Ground Beef Taco Bowls
DAY 29	Easy Apple Cinnamon Hot Cereal	Brussels Sprouts Salad w/ Citrus Vinaigrette	Zucchini Lasagna
DAY 30	Prosciutto Egg Cups	Brussels Sprouts Salad w/ Citrus Vinaigrette	Grilled Bacon Burgers