

Whole 30 Meal Plan # 1

This weekly meal plan contains 7 days of meals for breakfast, lunch, and dinner. The grocery list does not specify amounts. The spirit of the Whole 30 is that you eat what you need to feel satisfied, so you may need to fiddle with serving sizes until it's just right.

If you find a breakfast that you really love, sometimes it's good to just make that every day. Mornings can be rough, so if you've got a go-to breakfast, go with it.

Breakfasts

- [Denver Scramble](#) – Make sure to use Whole 30 compliant ham or substitute compliant chopped sausage or prosciutto for the ham.
- [Skillet Eggs](#) – Don't worry about which type of greens. Just use what you have.
- Scrambled Egg with [Homemade Spicy Turkey Sausage with Garlic and Basil](#), Mixed Sautéed or Roasted Vegetables (from leftover dinner)
- [Stuffed Breakfast Potato](#) – Don't use the cheese or sour cream. Use a sweet potato if you struggle with limiting your white potato intake.
- [Sweet Potato Hashbrowns](#) with Chicken and Apple Sausage, [Sautéed Mushrooms](#), Sliced Tomato, and Avocado
- [Jessika's Roasted Vegetables*](#) with Chicken and Apple Sausage tossed in; season with [Herbes de Provence](#)
- [Fajita Omelet](#) – Don't use the cheese or sour cream.

It's recommended to have only two servings of fruit per day, but a Monkey Salad can be a great addition to breakfast.

*A note about vegetables: I think it's best to do as much chopping and slicing in advance as you can. Buy a variety of vegetables that you love and prep them for easy roasting, sautéing, and salads. Check out these lists for help:

Roasting Vegetables

cauliflower
carrots
spinach/kale/chard
broccoli
potato/sweet potato
mushrooms
beets
onions/leeks
garlic
celery
asparagus
green beans
zucchini
snap/snow peas
bell peppers
brussels sprouts
eggplant

Salad Vegetables

lettuce
spinach
cabbage
baby greens
power greens
carrots
cucumbers
tomatoes
scallions or red onion
mushrooms
broccoli or cauliflower
bell pepper
celery
snap/snow peas
avocado

Lunches

- [Chef's Salad with Garlicky Anchovy Vinaigrette](#) – Omit cheese.
- [Chopped Salad with Avocado and Radish](#) with [Spice Rubbed Grilled Chicken](#)
- [Cumin-Scented Cabbage Salad](#) with Grilled Shrimp (this could be leftover [Shrimp on the Barbie](#) from a supper.)
- [Ginger-Sesame Turkey Salad](#) on a bed of greens or in lettuce wraps – Substitute coconut aminos for the soy sauce. Substitute chicken for turkey.
- [Green Salad with Sun-dried Tomatoes and Almonds](#) – Omit cheese and add chopped steak, roast beef or chicken.
- [Poorman's Chicken Caesar Salad](#) – Omit the Romano cheese and croutons.
- [The Great Tuna Salad](#) in lettuce wraps

Dinners

- [Shrimp on the Barbie](#) and [Mixed Grilled Vegetables](#) - Add a baked sweet potato if you think you'll be extra hungry. If the weather isn't grill-friendly, sauté the shrimp in a hot skillet.
- Grilled or Broiled Steaks with [Sautéed Mushrooms](#), Roast Sweet Potatoes, Steamed Vegetables (grill or broiler)
- Grilled Salmon with [Spicy Seafood Rub](#), served with [Cajun Spiced Cauliflower](#) and a green salad (grill or broiler)
- [Sauerkraut and Spareribs](#) – We usually have this with boiled potatoes. Limit your potatoes (or omit) if you tend to overload. (slow cooker)
- [Beef and Eggplant Stew](#) with Mashed Potatoes and [Easy Garlic Green Beans](#) – Omit the flour. Choose from [Rebel with a Cause Potatoes](#) or [Mashed Sweet Potatoes with Olive Oil and Garlic](#) (slow cooker)
- [Spicy Southwest Grilled Chicken](#) and [Jessika's Roasted Vegetables](#) – Omit the soy sauce from the chicken marinade or use coconut aminos instead. If the weather isn't grill-friendly, sauté the chicken in a hot skillet.
- [Thursday Night Soup](#) – use up the leftovers from the week in this soup. (stovetop)

Extras

The Whole 30 “rules” are designed to help you beat your cravings and reset your body to enjoy nutrient-rich foods. Having done this once before, I know that it was nice to have a good hot drink each morning and to have the occasional “sweet” to enjoy with my meal.

- [Monkey Salad](#)
- [Mamabars](#)
- [Homemade Salsa](#) – You can use this as a topping for some breakfast recipes.
- Coconut Latte – hot coffee or espresso with light, canned coconut milk (foamed if you have the means) and a sprinkle of cinnamon and cocoa powder. This is also tasty served over ice.
- Green Tea – hot or iced
- Occasional fruit or nut side dish

Groceries

Produce

- onion
- bell peppers
- tomatoes
- leek
- spinach, kale, power greens
- garlic
- potatoes
- sweet potatoes
- mushrooms x 2
- cilantro
- basil, if using fresh
- jalapenos
- lemons
- limes
- avocados
- favorite roasting vegetables (see list)
- cucumbers
- mixed salad greens
- romaine lettuce x 2
- green leaf lettuce
- radishes / watermelon radishes
- green onions / scallions
- cabbage
- carrots
- celery
- cauliflower
- eggplant
- fresh ginger

Refrigerator Case

- eggs
- “safe” or pasteurized eggs for mayonnaise and Caesar dressing
- compliant sausage, such as Aidell’s Chicken and Apple for breakfast protein
- prosciutto for breakfast protein
- 20 ounces ground turkey for homemade sausage
- chicken breast
- at least 2 pounds shrimp
- steaks for grilling
- salmon for grilling
- 2 to 3 pounds boneless country style pork strips
- 3 pounds boneless chuck roast

Frozen Foods

- green beans

Pantry

- large jar sauerkraut
- 28-ounce can diced tomatoes (for salsa) – You can also use 15-oz can diced tomatoes and 15-oz can fire-roasted tomatoes.
- tomato paste or sauce
- sundried tomatoes, dry packed

- chicken broth
- beef broth
- black olives
- slivered or sliced almonds
- water chestnuts
- soy-free tuna
- olive oil (light and extra virgin)
- sesame oil
- red wine vinegar
- white wine vinegar
- rice vinegar
- apple cider vinegar
- anchovy paste or fish sauce
- coconut aminos
- salt
- pepper
- dried basil
- sweet paprika
- sesame seeds, use sparingly
- bay leaves
- ground ginger
- dill weed
- dried thyme
- garlic powder
- onion powder
- cayenne pepper
- red pepper flakes
- cumin
- celery seed
- parsley
- Herbes de Provence or summer savory, rosemary, thyme, marjoram, and oregano to make your own blend

Optional “Extras” groceries

- green tea
- good quality coffee
- coconut milk
- coconut butter
- almond butter
- cinnamon
- cocoa powder
- coconut chips (unsweetened)
- bananas
- apples
- oranges
- grapefruit
- unsweetened applesauce
- frozen berries
- dried, unsweetened cherries
- deglet noor dates
- slivered almonds
- dry-roasted, unsalted cashews

Prep list

1. Make salsa.
2. Prep garlicky anchovy vinaigrette.
3. Prep spice mixes – Herbes de Provence, Spicy Chicken Rub,
4. Chop vegetables and store in airtight containers in the fridge.
5. Hard cook the eggs. Follow these [instructions for perfectly cooked eggs](#). They can be stored unpeeled for one week in the fridge.
6. Cook chicken with [Spicy Chicken Rub](#).
7. Make a batch of mayonnaise. Be sure to use “safe”, pasteurized eggs like Davidson's.

The more advance work you can do the better this experience will be for you. Chicken can be marinated and frozen. The stew can be made in advance and frozen. Leftovers can be frozen for future meals.