

# Whole30 Meal Plan

(Dinners Serve 4) *Week 1!*

**Monday:** ASIAN BEEF AND NOODLES FROM @CLEANFOODIECRAVINGS

**Tuesday:** GRILLED FLANK STEAK WITH CHIMICHURRI AND ARUGULA SALAD

**Wednesday:** BROWN STEW CHICKEN WITH COCONUT CAULI RICE FROM @METEMGEE

**Thursday:** LOADED TACO SWEET POTATO BOWLS @THEINSPIREDOVEN

**Friday:** TUNA CAKES WITH PAPRIKA AIOLI FROM @THEDEFINEDDISH

**Weekend:** LEFTOVERS & FRIDGE FORAGING

**Breakfasts:** EGGS, ARUGULA, SLICED TOMATO, BACON, CUACAMOLE

**Lunches:** MEAL PREP TERYAKI SALMON BOWLS

## Pantry Staples

### Oils/Healthy Fats:

- AVOCADO OIL
- COCONUT OIL
- SESAME OIL
- OLIVE OIL
- GHEE (CLARIFIED BUTTER)

### Sauces/Sauce Bases:

- UNSWEETENED APPLESAUCE
- COMPLIANT BBQ SAUCE
- BEEF BROTH
- COCONUT AMINOS
- COCONUT MILK
- COMPLIANT MAYO
- TOMATO PASTE
- SALSA

### Herbs/Spices:

- CAYENNE
- CUMIN
- CHILI POWDER
- GARLIC POWDER
- PAPRIKA
- ONION POWDER
- PARSLEY
- RED PEPPER FLAKES

### Flours:

- ALMOND FLOUR

## Grocery Shopping List

### Meat/Fish/Eggs:

- COMPLIANT BACON (1 PACKAGE)
- CANNED TUNA (2 CANS)
- CHICKEN THIGHS (2 LBS)
- FLANK STEAK (1.5 - 2 LBS)
- GROUND BEEF (2 LBS)
- WILD-CAUGHT SALMON (2 LBS)
- EGGS

### Produce:

- ARUGULA OR GREENS (2 PACKAGES)
- CILANTRO (1 BUNCH)
- BELL PEPPER
- GUACAMOLE
- GARLIC
- LEMONS (2)
- JALAPENO
- ONION (2)
- LIMES (4)
- TOMATO
- SCALLIONS
- SWEET POTATOES (4 MEDIUM)
- ZUCCHINI NOODLES (OR 4 MEDIUM ZUCCHINIS)

### Frozen:

- CAULIFLOWER RICE (4 BAGS)
- FROZEN STIR FRY VEGGIE BLEND (1 BAG)