

Whole30 Meal Plan

(Dinners Serve 4) *Week 2!*

Monday: EGGPLANT "PARMESAN" WITH ZUCCHINI NOODLES

Thursday: SEARED SCALLOPS WITH BROCCOLINI AND MASHED POTATOES

Tuesday: BURGER BOWLS WITH SPECIAL SAUCE FROM @ALLTHEHEALTHYTHINGS

Friday: SHRIMP FRIED CAULIFLOWER RICE

Wednesday: CHICKEN SAUSAGE WITH PEPPERS & ONIONS AND ROASTED POTATOES

Weekend: LEFTOVERS & FRIDGE FORAGING

Breakfasts: SAUSAGE, TOMATO AND BASIL EGG BAKE FROM @WHOLEKITCHENSINK

Lunches: TURKEY BLT COLLARD WRAPS

Pantry Staples

Oils/Healthy Fats:

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

Sauces/Sauce Bases:

- ALMOND MILK • DILL RELISH
- COCONUT AMINOS
- COMPLIANT KETCHUP
- COMPLIANT MAYO
- RICE WINE VINEGAR
- MUSTARD
- FISH SAUCE

Herbs/Spices:

- BASIL
- PAPERBAIT
- PARSLEY
- OREGANO
- GARLIC POWDER
- ONION POWDER

Flours:

- ALMOND FLOUR
- ARROWROOT STARCH

Grocery Shopping List

Meat/Fish/Eggs:

- COMPLIANT BACON (1 PACKAGE)
- CHICKEN SAUSAGE (1 PACKAGE)
- GROUND BEEF (1 LB)
- EGGS
- SCALLOPS (1 LB)
- SHRIMP (1 LB)
- COMPLIANT DELI TURKEY

Produce:

- LETTUCE OR MIXED GREENS (1 PACKAGE)
- FRESH BASIL
- BROCCOLINI
- GARLIC
- COLLARD GREENS
- POTATOES (4-5 MEDIUM)
- ZUCCHINI NOODLES (OR 4 MEDIUM ZUCCHINIS)
- BELL PEPPER
- EGGPLANT
- RED ONION
- TOMATOES (3)

Frozen:

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