

Whole30 Meal Plan

(Dinners Serve 4) *Week 4!*

Monday: CITRUS GROUND BEEF SALAD FROM @THECASTAWAYKITCHEN

Tuesday: BRUSCHETTA CHICKEN FROM @PRIMAL_GOURMET

Wednesday: KALE CAESAR SALAD WITH HEIRLOOM TOMATOES AND SALMON

Thursday: CREAMY "CHEEZY" BROCCOLI SOUP FROM @BUCKNAKEDKITCHEN

Friday: GRILLED CHICKEN, ZUCCHINI AND SUMMER SQUASH

Weekend: LEFTOVERS & FRIDGE FORAGING

Breakfasts: PUMPKIN PIE CHIA PUDDING FROM @EATTHEGAINS

Lunches: CHICKEN SALAD LETTUCE WRAPS

Pantry Staples

Oils/Healthy Fats:

- AVOCADO OIL
- OLIVE OIL
- SESAME OIL

Sauces/Sauce Bases:

- ALMOND MILK
- COCONUT MILK
- MAYO
- VEGETABLE STOCK
- FISH SAUCE
- NUTRITIONAL YEAST
- RICE WHINE VINEGAR

Herbs/Spices:

- BASIL
- CINNAMON
- CUMIN
- GARLIC POWDER
- NUTMEG
- GROUND GINGER
- OREGANO
- SMOKED PAPRIKA

Nuts/Seeds:

- CHIA SEEDS
- PECANS

Grocery Shopping List

Meat/Fish/Eggs:

- GROUND BEEF (1 LB)
- CHICKEN BREAST (3 LBS)
- SALMON (4 FILETS)

Produce:

- ARUGULA
- BROCCOLI (2 CROWNS)
- CARROTS
- FRESH CILANTRO
- GARLIC
- WHITE POTATO
- LEMON + LIME
- SWEET ONION
- TOMATOES (1 LB)
- BASIL
- BUTTER LETTUCE
- CELERY
- PUMPKIN PUREE
- KALE (1 BUNCH)
- ORANGE
- SUMMER SQUASH
- HEIRLOOM CHERRY TOMATOES
- ZUCCHINI