

My Whole30 Meal Plan - Week One

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	Cherry Lara Bar 1/2 banana	Scrambled Eggs w/Broccoli	Apple Pie Lara Bar	Scrambled Eggs w/Broccoli	Two Eggs Over Easy, Sausage	Fresh Fruit Chia Pudding	Fresh Fruit Chia Pudding
Lunch	Salad w/Chicken, Hardboiled Eggs & Veg	Salad w/Roasted Turkey, Hardboiled Eggs, Avocado & Tomato	Leftover Chicken w/Proscuitto 4 egg whites	Shrimp w/Guacamole & Pineapple	Leftover Chicken & Olives over Spinach	3 Eggs Over Easy w/Leftover Ground Turkey & Avocado	Chicken Salad (guacamole, hardboiled eggs) Roasted potatoes
Dinner	Lemon Broiled Salmon	Chicken w/Proscuitto Steamed Spinach	Artichoke & Olives Chicken Thighs	Scallops & Shrimp w/Cauliflower Rice	Ground Turkey Meatballs & Zucchini	Sausage w/Zucchini & Mushrooms Stir Fry	Salmon w/Zucchini & Squash
Snacks	Cashews Apple Kombucha	Cashews Grapes	Apple		Coconut Lara Bar		

*note that Day 4 of each week for me is a Friday during Lent so that day will always be meat-free for me