

The Best Whole30 Meal Plan

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B **L** **D**

Monday

HARD-BOILED
EGGS*

NO-MAYO
CILANTRO
CHICKEN SALAD*

CARNE
ASADA*

Tuesday

EASY
BREAKFAST
SALAD*

TUNA CAKES W/
GREEN OLIVES*

CROCKPOT
BALSAMIC
ROAST BEEF*

Wednesday

MIXED
GREENS W/
BACON*

CINCO DE
MAYO STEAK
SALAD*

CHICKEN W/
ROASTED
ORANGES*

Thursday

SWEET POTATO &
ZUCCHINI HASH
BROWNS

MASON JAR
SALAD

APPLE CIDER
VINEGAR PORK
CHOPS*

Friday

EGG
MUFFINS*

THAI CHICKEN
SOUP*

GREEN
FAJITA
CHICKEN*

Saturday

SWEET POTATO,
APPLE, PANCETTA
HASH*

MASON JAR
SALAD

CREAMY
CAULIFLOWER
CHOWDER*

Sunday

BROCCOLI
SPINACH
FRITTATA*

CHICKEN CLUB
AVOCADO BOATS*

BUFFALO RANCH
STUFFED
PEPPERS*