

# EASY WHOLE30 MEAL PLAN

## MON

- B** EGG AND VEGGIE MUFFIN
- L** CHICKEN SAUSAGE AND VEGGIE STIR FRY
- D** ZOODLES WITH CHICKEN SAUSAGE/ SAUCE

## TUES

- B** ALMOND BUTTER GREEN SMOOTHIE
- L** GRILLED CHICKEN SALAD
- D** CHICKEN AND VEGGIE STIR FRY

## WED

- B** ALMOND BUTTER GREEN SMOOTHIE
- L** GRILLED CHICKEN SALAD
- D** TERIYAKI SHRIMP AND VEGGIE STIR FRY

## THU

- B** EGG AND VEGGIE MUFFIN
- L** CHICKEN SAUSAGE AND VEGGIE STIR FRY
- D** CARROT NOODLES WITH GROUND TURKEY/ SAUCE

## FRI

- B** EGG AND VEGGIE MUFFIN
- L** CHICKEN SAUSAGE AND VEGGIE STIR FRY
- D** STUFFED SWEET POTATOES

## SAT

- B** EGGS, DICED POTATOES, TURKEY BACON/ SAUSAGE
- L** CHICKEN SAUSAGE AND VEGGIE STIR FRY
- D** GRILLED CHICKEN, ASPARAGUS, MASHED POTATOES

## SUN

- B** EGG AND VEGGIE MUFFIN
- L** GRILLED CHICKEN SALAD
- D** SPAGHETTI (SQUASH) AND TURKEY MEATBALLS

## THINGS TO BUY

- SWEET POTATOES
- RUSSET POTATOES
- ZUCCHINI
- MUSHROOMS
- ONIONS
- BELL PEPPERS
- ASPARAGUS
- SPAGHETTI SQUASH
- ROMAINE LETTUCE
- GRAPE OR CHERRY TOMATOES
- CUCUMBERS
- CARROTS
- SPINACH
- APPLES
- BANANAS
- PINEAPPLE
- CANTALOUPE
- AVOCADO
- EGGS
- CHICKEN/ TURKEY SAUSAGE
- GROUND TURKEY
- TURKEY BACON
- CHICKEN BREASTS
- SHRIMP
- MIXED NUTS (NO PEANUTS)
- COCONUT OR AVOCADO OIL
- COMPLIANT DRESSINGS AND SAUCE
- ALMOND OR CASHEW MILK

## SNACKS:

- EGG AND VEGGIE MUFFIN
- APPLE CHIPS
- FRUIT
- TURKEY STICKS
- RX BARS/ LARA BARS (SPARINGLY)
- MIXED NUTS (NO PEANUTS)
- SMOOTHIES