

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