

My Whole30 Meal Plan - Week Two

	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Breakfast	Proscuitto Egg Cups	Leftover Proscuitto Egg Cups	Fresh Fruit			3 Fried Eggs, 1 Organic Breakfast Sausage	Banana & a Lara Bar
Lunch	Chicken Salad (chicken w/Tessamae's Mayo)	Leftover Spaghetti Squash Fritters	Chicken Salad w/Tessamae's Mayo & Avocado	Banana & Unsweetened Applesauce	3 Fried Eggs, Spaghetti Veggies	Chicken Salad w/Avocado & Tessamae's Mayo	Leftover Chicken Soup & 2 hardboiled eggs
Dinner	Spaghetti Squash Fritters	Ground Chicken w/Cauliflower & Eggs	Roasted Chicken with Olives & Tomatoes	Roasted Potatoes	4 Hardboiled eggs	Homemade Chicken Soup	Salmon w/Spaghetti veggies
Snacks		Apple & Cashews	Cashews			Cashews	A couple of clementines

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

Day 11 this week I wasn't feeling well, which is why I didn't eat much