



# 7 Day Meal Plan



This is 7 days of examples and ideas to inspire you for your Whole30 Meal Planning. But, please, for the love of all that is good, don't cook this much (unless you *really* love cooking)! I usually make 2-3 breakfasts and eat them throughout the week, repurpose a lot of dinners into lunches, and make 5ish dinners per week. The rest? LEFTOVERS LEFTOVERS LEFTOVERS! **\*Remember: Every meal should include a palm sized serving of protein, a serving of healthy fat, and 2/3 of a plate of veggies. Fruit as desired.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meal 1	<a href="#">Pesto Spinach eggs with Sweet Potato Hashbrowns</a>	<a href="#">Whole30 Taco Breakfast Casserole</a> + avocado	<a href="#">BBQ Chicken Hash</a>	<a href="#">Tostones Breakfast Sliders</a>  (Use leftover tostones from Tuesday night dinner!)	<a href="#">Homemade Chicken Apple Sausage + Veggie Fritters</a>	<a href="#">Veggie Bacon Breakfast Bake</a> + avocado	LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS
Meal 2	<a href="#">Chicken Salad</a> wrapped in butter lettuce  Carrot sticks or snap peas  Fruit, if desired	Leftover Brisket Salad (brisket, romaine, onions, tomato, seeds, nuts, avocado, + <a href="#">date mustard</a> )	<a href="#">Burrito bowl</a> with leftover fajita chicken + veggies and Spanish cauliflower rice	<a href="#">Garlic Chicken</a>  <a href="#">Air fryer kale chips</a>  <a href="#">Avocado fries</a>	<a href="#">Creamy Cauliflower Soup</a> + crumbled bacon  Leftover protein	<a href="#">Tomato Chicken and Basil Soup</a>  Apple + almond butter	Leftover Protein  <a href="#">Pesto cauliflower rice</a>
Meal 3	<a href="#">Brisket Sliders</a>  Green salad  Roasted or steamed green beans	<a href="#">Tostones Fajita Sliders</a>  <a href="#">Spanish Cauliflower Rice</a>	<a href="#">Sun Dried Tomato Pesto Chicken</a>  Cauliflower Rice  Coconut chunks	<a href="#">Latin Chicken Stew</a> + avocado  Fruit	<a href="#">Mini Meatloaves + date mustard</a>  <a href="#">Matt's Sweet Potatoes</a>  Steamed or roasted broccoli	<a href="#">Pesto Bacon Chicken</a>  Green Salad  <a href="#">Roasted pecans</a>	<a href="#">Chicken Zucchini Nuggets</a>  <a href="#">Broccoli Salad</a>

### Emergency Meals and Emergency Snacks:

- In my freezer: Hebrew National Natural hot dogs, Aidelle's Chicken Apple Sausage, Trader Joe's turkey & chicken burgers, steam in a bag veggies, Trader Joe's frozen coconut chunks (great healthy fat!)
- In my car/purse: Chomps Beef Sticks, Nuts, Lemon RxBar