

KISS – Keep It Simple Sista/Sir



# Meal Planning Template



I get it – you don’t love to cook or have lots of time to. Though I hope you pick up some improved cooking skills this round of Whole30, this simplified meal plan is meant to show you how simple it can be. None of these meals require more than 20 minutes of prep time. Veggies at breakfast is ideal, but it’s ok if that takes a while to get comfortable with. Yes, you CAN do this! Drop your excuses and let’s get it done! **\*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
<b>Meal 1</b>	Chicken Apple Sausage (Aidells or Trader Joes)  Nuts or olives  <a href="#">Veggie fritters</a>	Scrambled eggs (with veggies like spinach in it if you dare!), bacon, and avocado	Sweet potato toast (roasted sweet potato slices + hard boiled eggs + smashed avocado + everything bagel seasoning)	<a href="#">Homemade chicken sausage</a>  Pan roasted or airfried shredded brussel sprouts + bacon	<a href="#">Sweet potato protein breakfast bowl</a>	<a href="#">Quick &amp; Easy hash</a> +avocado	Hard boiled eggs + raw veggies + handful of nuts
<b>Meal 2</b>	Tuna salad (canned tuna + mayo) in lettuce leaves  Apple and nut butter	Turkey wraps (Compliant lunch meat + mayo + sandwich fixings, wrapped in lettuce)  Handful of nuts  Banana	Egg salad (hard boiled eggs + mayo)  Raw veggies like carrots, snap peas, peppers  Grapes	Adult lunchable – compliant lunch meat + raw veggies + handful of healthy fat  Fruit	Green salad + leftover grilled steak or chicken + compliant dressing + toppings (like tomato, onion, chopped nuts, avocado)	<a href="#">Chicken salad</a> in lettuce cups  Raw veggies  Fruit	Leftovers – use this one as MUCH as you can to relieve the cooking pressure and keep it simple!
<b>Meal 3</b>	Spaghetti: “Zoodles” + compliant canned spaghetti sauce + cooked ground beef or turkey  Fruit if desired	<a href="#">5 ingredient chicken strips</a>  Pre-made oven roasted potatoes from Costco or Trader Joes  Nuts or olives or coconut for healthy fat	Taco-less <a href="#">Tacos</a> = taco meat + toppings (salsa, guac) in a lettuce cup or Taco salad with <a href="#">Cilantro Ranch</a>  Fruit	Lettuce wrapped burger (make your own from ground beef or turkey or buy compliant ones from Trader Joes)  Steam in a bag veggies  Fruit if desired	Grilled steak or chicken (like my <a href="#">Blackened Chicken</a> )  <a href="#">Pesto Cauliflower Rice</a>  Fruit if desired	<a href="#">Brisket sliders</a>  Green salad w/dressing of choice + nuts  Steam in a bag veggies	Compliant hot dogs + <a href="#">mustard date dressing</a>  Steamed or roasted broccoli  Fruit

### 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