

Kid-Friendly 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	Plantain Taco Hash with Cilantro Lime Ranch	Scrambled eggs Bacon Veggie fritters	Homemade chicken apple sausage Hasbrowns Berries	Tostones Breakfast Sliders with Cilantro Lime Ranch	BBQ Chicken Hash	Sweet potato toast (sweet with nut butter and all fruit jam or savory as in recipe)	LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS LEFTOVERS
Meal 2	Turkey wraps (Compliant lunch meat + mayo + sandwich fixings, wrapped in lettuce) Handful of nuts Banana	Blackened Chicken Broccoli Salad Instant pot apples	Compliant hot dogs + mustard date dressing Green salad Fruit	Homemade lunchable – compliant lunch meat + raw veggies + handful of Roasted Pecans Fruit	Sweet Everything Bagel Tuna salad with homemade Plantain Chips Apple and nut butter	5 ingredient chicken strips Kale Chips Fruit Nuts or olives for healthy fat	Chicken salad in lettuce cups Raw veggies with Ranch Fruit
Meal 3	Paleo Chick-fil-a Chicken Garlic Fries Date mustard Green Salad	Taco Soup with homemade Plantain Chips and avocado	Whole30 Tangy Chicken Cauliflower Rice Roasted mixed veggies	Whole30 Sloppy Joes with potato sliders Roasted green beans	Fajita Tostones Sliders Cilantro Lime Caulirice Cilantro Lime Ranch	Whole30 Mini Meatloaves Roasted sweet potatoes Roasted broccoli	Spaghetti: Spiralized zucchini, carrot, or sweet potato noodles + compliant canned spaghetti sauce + cooked ground beef or turkey Fruit if desired

Emergency Meals and 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!)
- **Snacks:** [Salsa](#) or guac and homemade plantain chips, fruit, Chomps or The New Primal meat sticks, kale chips, olives, nuts, [Chocolate Date Balls](#), RxBars (no peanut flavors), LaraBars (check your ingredients), veggies and ranch, apples and nut butter, 100% fruit cups or fruit leathers or applesauce,