

FREE 7 DAY MEAL PLANNER

# WHOLE 30

All recipes can be found on Instagram  
@healthylittlepeach or [www.healthylittlepeach.com](http://www.healthylittlepeach.com)

## MONDAY

Spinach & Onion  
Frittata

BLT Lettuce Wraps  
with veggies

Pork Zucchini Noodle  
Bowl with Bone Broth

## TUESDAY

3 hardboiled eggs 1/2  
avocado and a half  
sweet potato

Leftover Zucchini  
Pork Bowl

Bang Bang Shrimp  
with Cauliflower Rice

## WEDNESDAY

Leftover Spinach &  
Onion Frittata

BLT Lettuce wraps  
with veggies

Roasted Chicken Salad  
with homemade ranch  
dressing

## THURSDAY

Sausage Egg Scramble  
with 1/2 avocado

Leftover Roasted  
Chicken Salad

Shredded Pork Salad  
Bowls with salsa

## FRIDAY

3 hardboiled eggs 1/2  
avocado and a half  
sweet potato

Tilapia with  
brussels sprouts &  
asparagus

Shrimp Fried  
Cauliflower Rice

## SATURDAY

Avocado and Turkey  
Egg Roll-Up with  
Blueberries

Leftover Shrimp  
Fried Rice

Grilled Guacamole  
Chicken

## SUNDAY

Sheet Pan Egg and  
Sweet Potato  
Breakfast

Tilapia with  
brussels sprouts &  
asparagus

Cilantro Lime or  
Buffalo Wings with  
veggies

BREAKFAST

LUNCH

DINNER