

EASY WHOLE30 MEAL OPTIONS

HEALTHYLITTLEPEACH.COM

BREAKFAST

- Hardboiled Eggs
 - Bone Broth/Avocado
 - Eggs over Roasted Veggies
 - Poached Eggs over Spinach
 - Egg Salad/Sweet Potato Toast
 - Veggie Omelette
 - Egg Muffins
 - Veggie Sweet Potato Hash/Eggs
 - Smoked Salmon over Arugula
 - Protein & Veggies Sheet Pan
 - Poached Eggs with Grapefruit
 - Sausage with Veggies
 - Breakfast Salads
 - Frittatas
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LUNCH

- BLT Lettuce Wraps
 - Deli Meat Lettuce Wraps
 - Grilled Chicken & Veggies
 - Collard Green Wraps
 - Crockpot Salsa Chicken
 - Tuna Salad
 - Weekly Dinner Leftovers
 - Creamy Chicken Salad
 - Salad with a Protein
 - Applegate Hotdogs
 - Avocado Egg Salad
 - Soup
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DINNER

- Protein Stuffed Sweet Potatoes
 - Slow Cooker Whole Chicken
 - Crock-pot Roast w/Cauli Rice
 - Shredded Pork w/Coleslaw
 - Spaghetti w/Meat Sauce
 - Lettuce Wrap Burgers
 - Pork Chop
 - Sheet Pan Meals (See Below)
 - Cabbage, Potatoes, and Sausage
 - Chicken, brussels sprouts, onions
 - Roasted Chicken Thigs/Veggies
 - Salmon, Onions, Tomatoes
 - Fish, peppers, and onions
 - Steak and Potatoes
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EMERGENCY

- Epic Beef Bars
- Chomps (Beef Jerky)
- Hardboiled Eggs
- Larabars
- Rx Bars
- R Bars
- Seaweed Snacks
- Cut Veggies w/Ranch
- Fruit/Nut Butter
- Apple Sauce
- Bone Broth
- Nuts