

FREE 7-DAY WHOLE30 MEAL PLANNER

HEALTHY *little* PEACH

MONDAY

Mexican Frittata
with Berries

Mac's Awesome
Sauce Chicken Salad

Asian Beef Lettuce
Wraps

TUESDAY

Scrambled eggs, chili
lime sauce, Brussels
sprouts and bacon.

Chicken BLT

Cajun Shrimp
Packets

WEDNESDAY

Scrambled eggs,
chopped sausage and
shredded Brussels
sprouts.

Greek Chicken
Salad

Pizza Meatballs
and a Side Salad

THURSDAY

Leftover Mexican
Frittata with
Berries

Chicken, ranch coleslaw
and a half avocado.

Lemon pepper
shrimp with
asparagus

FRIDAY

Sausage Stir Fry

Grilled Chicken
Cobb Salad

Chicken Nugget
Dinner

SATURDAY

Leftover Mexican
Frittata with berries

Asian Chicken
Collard Wraps

Stuffed Pepper
Soup

SUNDAY

Chicken Apple Sausage,
greens, half an avocado,
chili lime sauce.

Leftover Stuffed
Pepper Soup

Steak, green
beans, and a half
an avocado

BREAKFAST

LUNCH

DINNER