

WEEK 2-FREE 7 DAY WHOLE30 MEAL PLANNER

HEALTHY *little* PEACH

MONDAY

2 scrambled eggs, 2 slices compliant bacon, greens with compliant salsa, and a few slices of avocado sprinkled with Tajin seasoning

Mason Jar Greek Salad

Turkey Meatballs with Cauliflower Mash with green beans

TUESDAY

Chicken Apple Sausage, sauteed Brussels Sprouts with a tbsp of Chili Lime Sauce and 2 scrambled eggs

Leftover Turkey Meatballs

Chicken Teriyaki Bowls

WEDNESDAY

Mexican Frittata with greens drizzled with olive oil and a handful of blackberries

Curry Chicken Salad Wraps

Chicken Bacon Ranch Stuffed Sweet Potatoes

THURSDAY

Sausage Stir Fry

Mason Jar Greek Salad

Butternut Squash Soup

FRIDAY

Sausage and Brussels Sprout Scrambled Eggs

Butternut Squash Soup

Mushroom Bacon Burger Lettuce Wraps

SATURDAY

Mexican Frittata with greens drizzled with olive oil and a handful of blackberries

Grilled Chicken with Mac's Sauce and Greens

Creamy Chicken Bacon Thighs

SUNDAY

2 scrambled eggs, 2 slices compliant bacon, greens with compliant salsa, and a few slices of avocado sprinkled with Tajin seasoning

Mason Jar Greek Salad

Ramen Zoodle Bowls

BREAKFAST

LUNCH

DINNER