

FREE 7-DAY WHOLE30 MEAL PLANNER

HEALTHY *little* PEACH

MONDAY

Breakfast Salad with Chicken Apple Sausage, Chili Lime Sauce and a half an avocado

Pulled Pork Bowl

Air Fryer Shrimp

TUESDAY

1 cup Bone Broth, 1/2 Avocado and 1/2 cup berries

Grilled chicken breast, steamed veggies and choice of sauce

Butter Chicken

WEDNESDAY

Sausage Stir Fry with a Fried Egg

Leftover Butter Chicken

Buffalo Meatballs

THURSDAY

Leftover Sausage Stir Fry with a Fried Egg

Leftover Buffalo Meatballs

Hibachi Chicken and Stir Fry

FRIDAY

Breakfast Salad with Chicken Apple Sausage, Chili Lime Sauce and a half an avocado

Pulled Pork Bowl

Chicken Teriyaki Sheet Pan

SATURDAY

1 cup Bone Broth, 1/2 Avocado and 1/2 cup berries

Leftover Chicken Teriyaki Sheet Pan

Philly Not-So Cheesesteak Stuffed Peppers

SUNDAY

Scrambled Eggs with Roasted Sprouts drizzled with Mac's Awesome Sauce and prosciutto

Chicken Cobb Salad

Chic-fil-A Nuggets

BREAKFAST

LUNCH

DINNER