

# WHOLE30 MEAL PLAN: WEEK 1

## DAY 1

B Fried Eggs, Breakfast Sausage Patties, & Sweet Potato Hashbrowns<sup>1</sup>

L Chicken Bacon Salad w/ Olive Oil and Balsamic Vinegar

D Taco Salad

## DAY 2

B Aidell's Sausage, Sauerkraut, and Bell Peppers<sup>2</sup>

L Leftover Taco Salad

D 50/50 Bacon Bison Burgers & Skillet Sweet Potatoes

## DAY 3

B Egg Muffins

L Leftover 50/50 Bacon Bison Burgers

D Coconut Curry Chicken w/ Cauliflower Rice<sup>3</sup> & Egg Drop Soup

## DAY 4

B All-Day Frittata

L Leftover Coconut Curry Chicken

D Beefy Ratatouille

## DAY 5

B Leftover All-Day Frittata

L Leftover Beefy Ratatouille

D Slow Roasted Pork Shoulder & Bacon Balsamic Brussels Sprouts<sup>4</sup>

## DAY 6

B Pork Scramble<sup>5</sup>

L Leftover Slow Roasted Pork Shoulder & Bacon Balsamic Brussels Sprouts<sup>4</sup>

D Slow Cooker Rotisserie Chicken & Best Roasted Veggies

## DAY 7

B Fried Eggs, Sweet Potato Souffle, & "Baked" Cinnamon Apples

L Chicken Bacon Salad w/ Olive Oil and Balsamic Vinegar

D Creamy Lemon Artichoke Chicken

## PREPARATION NOTES & TIPS

<sup>1</sup> Sweet Potato Hashbrowns - Take a peeled sweet potato, shred it in a food processor and cook it in a hot skillet with a small amount of coconut oil until they are soft with crispy edges, then season with salt and pepper.

<sup>2</sup> Sausage, sauerkraut, and peppers - Chop up 1 sausage into bite-size pieces and slice a bell pepper. Cook all 3 ingredients in a hot skillet with a small bit of bacon grease until cooked through and hot.

<sup>3</sup> CauliRice - I prefer to rice my cauliflower (run it through a blender or food processor until it's crumbly and small - like rice), toss with a small amount of olive oil (just enough to coat), then roast it at 400°F until lightly browned and fragrant, about 20-25 minutes. Make a large batch ahead of time and then just reheat as needed.

<sup>4</sup> Bacon Balsamic Brussels Sprouts - Leave out the dried cranberries, because it can be fairly difficult to find any that are sweetened with just fruit juice. Use a balsamic that is just vinegar, not sweetened with added sugars.

<sup>5</sup> Pork Scramble - Take a few pieces of the leftover pork shoulder and chop up then add to some scrambled eggs, and toss in some diced onions and peppers.

All recipes can be found at [www.ourpaleolife.com](http://www.ourpaleolife.com)

# GROCERY LIST

Week 1

Whole30 Meal Plan can be found at [ourpaleolife.com](http://ourpaleolife.com)

## PRODUCE

7 Apples

Small bag of Grapes

4 Bell Peppers(not green)

1 Hot Pepper(your preference)

8 Yellow Onions

3 bulbs Garlic

7 Sweet Potatoes

3 Beets

1 bunch Bananas

Mixed Salad Greens

5 lb bag Carrots

3 Cucumbers

2-3 lb Brussels Sprouts

1 large Eggplant

2 Zucchinis

10 Plum Tomatoes

2 Limes

1 lemon

2 heads Cauliflower

2 heads Broccoli

1 head Iceberg Lettuce

Romaine Lettuce

3 Avocados

Chives

1 jar Sauerkraut

Salsa(no added sugar)

## MEAT

3 lb Bacon

2 lb Chorizo Sausage

1 lb Ground Pork

6-7 lb Pork Shoulder

4 lb Ground Beef

3 lb Chicken Tenders

1 Whole Chicken

12 Chicken Thighs(boneless, skinless)

1 pkg Aidells Chicken Apple Sausage

## REFRIGERATED

7 Dozen Eggs

Ghee

## HERBS/SPICES

Sea Salt

Black Pepper

Ground Cinnamon

Ground Nutmeg

Ground Ginger

Dried Basil

Garlic Powder

Onion Powder

Smoked Paprika

## DRY GOODS

3 cups Olive/Avocado/Coconut Oil

3 cups Balsamic Vinegar(no sugar)

1 can Black Olives

3 cans Full-Fat Coconut Milk

10 cups Chicken Stock(no sugar)

2(8 oz) cans Tomato Sauce

1(6 oz) can Tomato Paste

1(28 oz) can Diced Tomatoes

Arrowroot Starch

Pecans

Almonds

Sunflower Seeds, shelled

Flax Seeds

Unsweetened Shredded Coconut

32oz Artichoke Hearts(in water)

Dried Parsley

Dried Mustard

Cayenne Pepper

Chili Powder

Cumin

Oregano

Red Pepper Flakes(optional)

Mild Yellow Curry Powder

# WHOLE<sub>30</sub> MEAL PLAN: WEEK 2

## DAY 8

- B Scrambled Eggs, Bacon, & 1/2 Bell Pepper
- L Leftover Creamy Lemon Chicken
- D Stuffed Peppers

## DAY 9

- B Mini Sweet Potato Souffle, Fried Eggs, & Fresh Seasonal Fruit
- L Leftover Stuffed Peppers
- D Chicken Nuggets with Balsamic Ketchup & Crispy Bacon Broccoli

## DAY 10

- B Fried Eggs & Jalapeño Poppers (1/2 recipe)
- L Crispy Chicken Salad (using leftover Chicken Nuggets)
- D Sloppy Joes & Simple Green Beans<sup>1</sup>

## DAY 11

- B Spicy Scrambled Egg Hash
- L Leftover Sloppy Joes & Green Beans
- D Chicken Bacon Ranch Skillet & Asparagus Potato Hash

## DAY 12

- B Fried Eggs & Leftover Asparagus Potato Hash
- L Leftover Chicken Bacon Ranch & Fresh Veggies
- D Bacon Bison Chili

## DAY 13

- B Eggs in a Nest
- L Leftover Bacon Bison Chili
- D Chicken Broccoli Bake

## DAY 14

- B Fiesta Scrambled Eggs & Country Potatoes
- L Leftover Chicken Broccoli Bake
- D Minestrone Soup

## PREPARATION NOTES & TIPS

<sup>1</sup> Simple Green Beans - Boil a large pot of salted water, add as many green beans as you want (make sure to cook enough for leftovers), boil for 2-3 minutes, strain water, drizzle a little olive oil and sprinkle with a little salt. Serve hot.

- Wash and cut all produce at the beginning of the week

- Prepare bacon in advance and save your grease. Not only should you always be doing this, but you'll need it for the Crispy Bacon Broccoli.

- For Country Potatoes, bake and refrigerate the potatoes at least 1 day in advance. This is crucial to the recipe and will also save you time in the morning.

- Prepare Jalapeño Poppers at least a day in advance so you can just heat them up in the morning.

- Separate meat portions into food storage bags so that you can just grab a bag of exactly what you need.

- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

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# GROCERY LIST

Week 2

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## PRODUCE

8 Bell Peppers

1 Yellow Onions

2 Shallots

5 Sweet Potatoes

4 lb White Potatoes

1 bunch Bananas

7 Jalapeño or Fresno Peppers

1 Lemon

2 Limes

White Mushrooms

Green Beans(as much as your  
family will eat+ some for leftovers)

1 bunch Asparagus

2 Zucchini

Carrots(for snacks)

Celery(for snacks)

Cucumbers(for snacks)

4 heads Broccoli

Seasonal Fruit of choice

(enough for one breakfast)

Dill(fresh or freeze-dried)

1 bulb Garlic

Mixed Salad Greens

1 Apple

2 Plum Tomatoes

## MEAT

4- 1/2 lb Bacon

3 lb Ground Beef

1 lb Ground Bison(or an extra lb of  
ground beef)

3 large Chicken Breasts

14 Chicken thighs(boneless, skinless)

1- 1/2 lb Chorizo

## REFRIGERATED

6 dozen Eggs

## FROZEN

1 bag Frozen Spinach

## HERBS/SPICES

Baking Soda

Bay Leaves

Cinnamon

Ground Nutmeg

Chili Powder

Chipotle Pepper

Cayenne Pepper

Salt & Black Pepper

## DRY GOODS

1/3 cup Pecans

1/2 cup raw cashews

1/3 cup Flax seeds

Coconut Oil

4 cups Olive Oil

Unsweetened Shredded Coconut

Nutritional Yeast

Arrowroot Starch

(3) 4 oz can Diced Jalapeños

(5) 14 oz can Diced Tomatoes

4) 6 oz cans Tomato Paste

2 cup Balsamic Vinegar(no sugar)

1 Can of Black Olives

Yellow Mustard

1 can Full-Fat Coconut Milk

28 oz carton Chicken/Vegetable

broth(no added sugar)

Cumin

Dried Parsley

Oregano

Basil

Smoked Paprika

Garlic powder

Onion powder

Allspice



# WHOLE<sub>30</sub> MEAL PLAN: WEEK 3

## DAY 15

B Fried Eggs, Bell Pepper Sticks,  
Leftover Country Potatoes

L Leftover Minestrone Soup

D 50/50 Bacon Bison Burgers &  
Skillet Sweet Potatoes

## DAY 16

B Spicy Egg Muffins (1/2 batch) &  
"Baked" Cinnamon Apples

L Leftover 50/50 Bacon Bison Burgers  
and Skillet Sweet Potatoes

D Taco Salad

## DAY 17

B Fried Eggs &  
Mini Sweet Potato Souffle

L Leftover Taco Salad

D Paleo Spaghetti Sauce & Zoodles

## DAY 18

B Eggs In A Nest &  
Instant Strawberry Yogurt

L Leftover Paleo Spaghetti Sauce &  
Zoodles

D Creamy Chicken Noodle Soup

## DAY 19

B Fiesta Scrambled Eggs &  
Breakfast Sausage

L Leftover Creamy Chicken  
Noodle Soup

D Crockpot Beef Stew

## DAY 20

B All-Day Frittata

L Leftover Beef Stew

D Artichoke Meatloaf, Roasted  
Asparagus, Mini Sweet Potato Souffle

## DAY 21

B Leftover Artichoke Meatloaf

L Easy Egg Salad

D Easy Peasy Chicken Thighs &  
Best Roasted Veggies

## DAY 22

B Aidells Sausage, Sauerkraut, &  
Bell Peppers<sup>1</sup>

L Chicken Bacon Salad<sup>2</sup> &  
Olive Oil and Vinegar Dressing

D Smokey Bacon Chicken Thighs &  
Bacon Balsamic Brussels Sprouts

## PREPARATION NOTES & TIPS

<sup>1</sup> Sausage, sauerkraut, and peppers – No written recipe: Chop up 1 sausage into bite-size pieces and slice a bell pepper. Cook all 3 ingredients in a hot skillet with a small bit of bacon grease until cooked through and hot.

<sup>2</sup> Use extra eggs from the Easy Egg Salad and chopped chicken from the Easy Peasy Chicken Thighs.

- Prepare the Eggs In A Nest, Egg Muffins, and Mini Sweet Potato Souffles in advance.

- Separate meat portions into food storage bags so that you can just grab a bag of exactly what you need.

- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

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# GROCERY LIST

Week 3

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## PRODUCE

6 Bell Peppers

1 Hot Pepper

8 Yellow Onions

7 Apples

10 Sweet Potatoes

1 Banana

1 Lemon

2 Limes

1 bulb Garlic

3-4 Avocados

Mixed Salad Greens

Romaine Lettuce

Iceberg Lettuce

3-4 Tomatoes

6-7 large Zucchini

5 lb bag of Carrots

2-3 Cucumbers

1 bunch Skinny Asparagus

1 head Cauliflower

2 small heads Broccoli

3-4 lb Brussels Sprouts

2-3 Beets

Grapes

Celery

Sauerkraut

Salsa(no added sugar)

## MEAT

7 lb Grass-Fed Beef

1- 1/2 lb Beef Stew Meat

2 lb Chorizo

1 lb Ground Pork

3-5 lb Uncured Bacon

1 pkg Aidells Chicken Apple Sausage

1(3-4 lb) Whole Chicken(or pieces)

14 Chicken Thighs(bonesless,  
skinless)

## REFRIGERATED

6 dozen Eggs

## FROZEN

1 small bag Frozen Strawberries

## HERBS/SPICES

Sea Salt Black Pepper

Cinnamon Nutmeg

1 Vanilla Bean Ground Mustard

Garlic Powder Onion Powder

Italian Seasoning Smoked Paprika

Parsley Basil

Cayenne Pepper Chipotle Powder

Red Pepper Flakes Chili Powder

Cumin Oregano

## DRY GOODS

At least 3 cups Olive Oil

Coconut Oil

Pecans

Blanched Slivered Almonds

Sunflower Seed Kernels(raw)

Flax Seeds

Unsweetened Shredded Coconut

Balsamic Vinegar

4 cans Full-Fat Coconut Milk

1 can Black Olives

2 (8 oz) can Tomato Sauce

1(6 oz) can Tomato Paste

1(28 oz) can Diced Tomatoes

24 oz Beef Broth(no sugar)

1 small can/carton Chicken or

Vegetable broth(no sugar)

14 oz can Artichoke Hearts(in water)

1 small jar Dill Pickles(no sugar)

Arrowroot, Tapioca, or Potato Starch

Nutritional Yeast

Apple Sweetened Dried Cranberries

Chives(freeze dried is fine)

Baking Powder Baking Soda

# WHOLE<sub>30</sub> MEAL PLAN: WEEK 4

## DAY 23

B Fried Eggs & Breakfast Sausage

L Leftover Smokey Bacon Chicken Thighs & Mixed Greens Salad<sup>1</sup>

D Chicken Broccoli Bake

## DAY 24

B Chicken Bacon Ranch Omelette

L Leftover Chicken Broccoli Bake

D Cashew Crusted Mahi Mahi & Asparagus Potato Hash

## DAY 25

B Fiesta Scrambled Eggs & Country Potatoes

L Turkey BLTA Roll-Ups

D Salmon Cakes & Guacamole

## DAY 26

B Leftover Salmon Cakes with Fried Eggs

L Chicken Bacon Salad

D Paleo Spaghetti Sauce & Zucchini Noodles

## DAY 27

B Sweet Potato Souffle, Fried Eggs, & "Baked" Cinnamon Apples

L Leftover Spaghetti (make fresh Zucchini Noodles)

D Beefy Ratatouille

## DAY 28

B Scrambled Eggs, Bacon, & 1/2 Bell Pepper

L Leftover Beefy Ratatouille

D Creamy Chicken "Noodle" Soup

## DAY 29

B Spicy Egg Muffins

L Leftover Creamy Chicken "Noodle" Soup

D Pork Shoulder & Skillet Sweet Potatoes

## DAY 30

B Fiesta Scrambled Eggs & Fresh Fruit

L Leftover Pork Shoulder

D Cinnamon Lemon Pepper Chicken & Best Roasted Veggies

## PREPARATION NOTES & TIPS

<sup>1</sup> Mixed Greens Salads - 'Spring mix' greens tossed with sliced carrots, cucumbers, bell peppers, and chopped apples. Top with a simple dressing of olive oil and balsamic vinegar.

- Make Egg Muffins and Mini Sweet Potato Souffles in advance.

- Make chicken for the Chicken Bacon Ranch in advance so you can just reheat and eat in the morning.

- Make a couple hard-boiled eggs in advance so you can have some for the Chicken Bacon Salad.

- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

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# GROCERY LIST

Week 4

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## PRODUCE

6 Red Peppers  
2 Jalapeno Peppers  
3 Yellow Onions 1 Red Onion  
1 Shallot 7 Lemons  
1 small bunch Celery  
5 Avocados Chives  
1 head Iceberg Lettuce  
8-10 Yukon Gold Potatoes  
12 Sweet Potatoes  
4-5 Red Potatoes  
1 bundle Thin Asparagus  
1 bunch Bananas 9 Sweet Apples  
Grapes Fresh Fruit of choice  
12 Cherry Tomatoes  
7 Plum Tomatoes 3 bulbs Garlic  
Mixed Salad Greens (like Spring Mix)  
Small bag of Carrots  
2 Cucumbers 4 heads Broccoli  
1 head Cauliflower  
12-15 medium Brussels Sprouts  
3 Beets (any color) 1 lb Tomatillos  
2 large Peaches  
8-10 large Zucchini  
1 small Eggplant Cilantro  
Fenugreek Leaves  
Dill

## MEAT

1 lb Ground Pork  
3 lb Ground Beef  
1 lb Chorizo  
1 (6-7 lb) Pork Shoulder (pork butt)  
2 lb Chicken Tenders  
6 Chicken Breasts (boneless, skinless)  
8 Chicken Thighs (boneless, skinless)  
3-4 lb Whole Chicken  
3 lb Uncured Bacon  
16 slices Applegate Turkey Cold Cuts  
6 (6 oz) Wild Caught Mahi Mahi Filets  
8-10 oz Wild Caught Salmon Filet

## REFRIGERATED

7 dozen Eggs  
Ghee

## HERBS/SPICES

Garlic Powder  
Onion Powder  
Oregano Basil  
Italian Seasoning  
Smoked Paprika  
Black Pepper Parsley  
Nutmeg Ginger  
1 Vanilla Bean

## DRY GOODS

Hot Sauce  
White Vinegar  
Apple Cider Vinegar  
Olive Oil  
Balsamic Vinegar (no sugar)  
3 cans Full-Fat Coconut Milk  
Pecans  
Flax Seeds  
Coconut Oil  
Unsweetened Shredded Coconut  
Roasted Cashews  
Coconut Butter  
Almond Flour  
Potato Starch  
Nutritional Yeast  
3 (8 oz) can Tomato Sauce  
1 (28 oz) can Diced Tomatoes  
1 (6 oz) can Tomato Paste  
1 carton Chicken Stock (no sugar)  
Cayenne Pepper  
Sea Salt  
Red Pepper Flakes  
Baking Powder  
Baking Soda  
Cinnamon