

Whole 30 Week 1

	Breakfast	W30 B'fast	Lunch	W30 Lunch	Snack	Supper	W30 Supper
Monday	Yogurt/Granola, fruit	Scrambled egg with peppers and green onions, sunflower seeds, sliced mango	Chef salads - romain, carrots, mushrooms, boiled eggs, ham		sliced apples, almond butter	Meatloaf balls*, fried potatoes, salad	
Tuesday	Monkey salad (bananas, cashews, coconut)		Sandwiches, chips, raw veggies & ranch	lettuce sandwich wrap, raw veggies, fruit	hard boiled eggs	chicken fajitas*, guacamole	
Wednesday	Eggs/Bacon, sliced fruit, nuts		chicken salad sandwiches, croissants, kale chips	modified chicken salad lettuce wrap, kale chips	strawberries w/ almond butter	Hamburgers, potato chips	bunless burger, sliced avocado, kale chips
Thursday	Yogurt/Granola, fruit	Fruit salad with coconut oil and sliced almonds	fried egg sandwiches, homemade sweet potato chips	fried egg w/spinach, homemade sweet potato chips, quartered orange	guacamole & bacon chips	Sesame Ginger Chicken, Rice, Sliced peppers, Salad	Asian Chicken Salad with Sesame Ginger Dressing, mandarin oranges, sliced almonds
Friday	Cereal	Fried egg, bacon, sliced avocado, seeds and nuts	baked potatoes with bacon and broccoli		Monkey salad (bananas, cashews, coconut)	Date Night - eating out	
Saturday	Biscuits, gravy, bacon, fruit	Fruit salad with coconut oil and sliced almonds	ground beef & rice, black eyed peas, sliced bell peppers	salad with hard boiled eggs, nuts & seeds	baked sweet potato "fries" with coconut oil and pink salt	BBQ chicken, mashed potatoes, broccoli, ranch beans, biscuits	Non-BBQ chicken, broccoli, dairy free mashed potatoes, nuts and seeds
Sunday	Donuts	Monkey salad (bananas, cashews, coconut)	Tacos	W30 compliant taco salad	Fruit salad with coconut oil and sliced almonds	Breakfast for supper* - pancakes, fruit, bacon, scrambled eggs, fried potatoes	

* = Same meal but without whole30 offenders