

WEEK 1

MENU

	BREAKFAST	LUNCH	DINNER
MONDAY	Pizza Frittata	roasted chicken with salad*	Sloppy Joe Stuffed Potatoes
TUESDAY	Leftover Pizza Frittata + breakfast salad if needed	Leftover Sloppy Joe Stuffed potatoes	Shredded Beef Tacos on Jicama shells w/ cauliflower rice, guac, pico
WEDNESDAY	Leftover Pizza Frittata	leftover shredded beef on bed of spinach, fried plantains	sheet pan salmon (nom nom paleo) w/ green beans, broccoli, asparagus, bell peppers
THURSDAY	Sweet Potato Toast, eggs, and bacon	leftover veggies +roasted chicken breast	burgers on butter lettuce w/ caramelized onions and sweet potato wedges
FRIDAY	Sweet Potato Toast, eggs, and bacon	leftover burgers + sweet potato wedges	buffalo wings, brussel sprouts + bacon, roasted potatoes
SATURDAY	Eggs, Plantains, Bacon	leftover buffalo wings, veggies, roasted potatoes	Sirloin Stir Fry
SUNDAY	Kitchen Sink Hash (shredded beef, sweet potatoes, etc.)	leftover stir fry + riced sweet potato	Whole 30 Beef Chili

MEAL PREP

Pizza Frittata

Roasted Chicken Breast

Sloppy Joe Mixture

Shredded Beef

turkey meatballs

Chop veggies:

Crudite to snack on

veggies for pizza frittata

rinse spinach

bell peppers

Condiments

Pico de gallo

sauce for salmon

dipping sauce for veggies

Snacks Available

Raw nuts

Lara Bars

apples, pears, and blueberries