

# Whole 30 Eating Plan

## Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Drink</b>	Coffee	Coffee	Black tea	Coffee	Black tea	Seltzer with raspberry puree	Green tea, coffee, seltzer with raspberry puree
<b>Snack #1</b>	Plantain chips		Plantain chips				Sliced apple and almond butter
<b>Lunch</b>	Salad with tuna (mixed with salt/pepper and olive oil) on top, carrots	Pot roast with celery, carrots and potatoes		Chicken meatballs, salad	Salmon, green beans with slivered almonds, salad with balsamic vinegar and olive oil		Leftover shepherd's pie
<b>Dinner</b>	Pot roast with celery, carrots and potatoes	Breakfast for dinner (eggs with sautéed tomatoes and onions, potatoes, avocado)	Seafood stew (seafood medley, kale, etc.)	Salmon, green beans with slivered almonds, salad with balsamic vinegar and olive oil	Rosemary meatballs with collard greens and apricots	Shepherd's pie	Shepherd's pie
<b>Snack #2</b>	Apple	Mango	Carrots				Plantain chips

## Week 2

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Drink (and Breakfast)</b>	Coffee	Seltzer with raspberry puree	Coffee	Green tea	Black tea, herbal tea	Green tea, eggs, avocado, mixed veggies	Black tea, green tea
<b>Snack #1</b>	Plantain chips	Plantain chips	Sliced apple and almond butter	Sliced apple and almond butter	Sliced pear and almond butter	Frozen grapes	
<b>Lunch</b>	Leftover Shepherd's pie	Paleo bowl (chicken, green beans, mixed veggies)	Beef, tomato and cabbage stew	Hardboiled eggs,	Swordfish, green beans	Brunch: Mixed veggies (tomatoes, spinach, mushrooms, onion, garlic), avocado, scrambled eggs	Shepherd's pie (with beef and potatoes)
<b>Dinner</b>	Gazpacho with avocado, shrimp	Beef, tomato and cabbage stew	Chicken fajitas	Swordfish, green beans	Green beans, chicken drumsticks, fingerling potatoes (chopped, oven roasted)	Shepherd's pie	Pork chop, kale
<b>Snack #2</b>	Grapes			Orange	Pear, lunchmeat		Apple

### Week 3

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<b>Drink (and Breakfast)</b>	Green tea, pineapple coconut water	Seltzer with raspberry puree	Green tea, pineapple coconut water	Coffee, smoked salmon, cucumber, avocado, onion, lettuce mix, potatoes	Green tea, grapefruit seltzer, scrambled eggs with tomatoes, onions, kale and avocado on top	Green tea, grapefruit seltzer	Green tea, sparkling water, spicy scrambled eggs with tomatoes, onions, green pepper, kale, garlic and avocado on top, grapes
<b>Snack #1</b>	Banana, orange	Two hard-boiled eggs	Banana, orange	Green tea, pineapple coconut water	Orange, two hard-boiled eggs	Mango	Plantain chips, apple, apple/banana puree, turkey
<b>Lunch</b>	Two hard-boiled eggs, carrots, pear with almond butter	Salad with tuna (mixed with salt/pepper and olive oil) on top, carrots	Salmon cakes, broccoli/cauliflower mash, lettuce	Lemon chicken with potatoes	Half a pork chop, apple	Turkey burger and salad, orange	Mango chicken with coconut rice
<b>Dinner</b>	Plantain chips, chicken drumsticks, carrots	Salmon cakes, broccoli/cauliflower mash	Salmon cakes, broccoli/cauliflower mash, lettuce	Breakfast for dinner—eggs, potatoes, avocado, tomatoes, onion	Steak, broccolini, potatoes, tater tots	Mixed seafood (calamari, shrimp, scallops) over sautéed kale, onion, coconut shortening	Shepherd's pie with sweet potatoes and ground turkey
<b>Snack #2</b>		Plantain chips, dried plums	Chocolate banana ice cream	Plantain chips, dried plums		Chocolate blackberry "ice cream" (bananas, cocoa powder, blackberries, coconut cream)	A few dried apricots, grapes

### Week 4

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<b>Drink</b>	Green tea, black tea	Green tea, black tea		Coffee, eggs, avocado, fruit	Green tea, black tea, Eggs with onion, tomato, avocado	Green tea	Green tea
<b>Snack #1</b>	Dried Turkish apricots	Grapes	Plantain chips	Orange	Apple	Banana	Plantain chips, apple, dried apricots
<b>Lunch</b>	Chicken salad with avocado, tomatoes and tomato	Shepherd's pie	Kale salad with cherries, pistachios	Tuna salad mason jar	Stuffed peppers with ground turkey and	Dried mango	Salad with tuna on top, carrots

	vinaigrette		and grilled flank steak		jalapeno		
<b>Dinner</b>	Swordfish, salad with beets, red mashed potatoes	Salad, garlic mashed potatoes, almond-crusted salmon	Turkey burgers, sweet potatoes	Pork chop with roasted sweet potatoes and parsley-tahini sauce	Chicken/beef over lettuce, guacamole, salsa	Lettuce wraps (chicken, water chestnuts, peppers)	Seafood medley (scallops, shrimp, calamari), onions, mushrooms, broccoli and carrots
<b>Snack #2</b>	Plantain chips	Plantain chips, orange, dried mango slices	Sliced apple and almond butter	Salad with beets			Banana "ice cream" with cocoa powder and coconut cream

## Week 5

	Day 29	Day 30
<b>Drink</b>	Coffee	Green tea
<b>Snack #1</b>	Plantain chips	Grapes
<b>Lunch</b>	Paleo bowl (chicken, green beans, mixed veggies)	Pot roast with carrots, celery and potatoes
<b>Dinner</b>	Pot roast with carrots, celery and potatoes	Turkey burger (patty), mashed potatoes, salad with pear
<b>Snack #2</b>	Apple	Sliced apple and almond butter