

# Tasty THIN

SAMPLE WHOLE 30 WEEKLY MENU			
	BREAKFAST	LUNCH	DINNER
SUNDAY	2 Scrambled Eggs with Tomato & Avocado	<a href="#">Butternut Squash Bisque</a>	<a href="#">Rosemary Dijon Turkey Kabobs</a> <a href="#">Herb Roasted Potatoes &amp; Carrots</a>
MONDAY	2 Hard Boiled Eggs Side of Fruit	<a href="#">Butternut Squash Bisque</a> <a href="#">Chicken &amp; Apple Curry Salad</a>	<a href="#">Turkey Bolognese &amp; Spaghetti</a> Squash Side Salad
TUESDAY	<a href="#">2 Chicken Sausage Frittata Muffins</a> Side of Fruit	<a href="#">Leftover Turkey Bolognese</a> Raw Veggies	<a href="#">Chicken Pesto Salad (over lettuce)</a>
WEDNESDAY	2 Hard Boiled Eggs Side of Fruit	<a href="#">Leftover Chicken Pesto Salad</a> Raw Veggies	<a href="#">Bun-less Turkey Zucchini Burgers</a> Baked Sweet Potato Fries
THURSDAY	<a href="#">2 Chicken Sausage Frittata Muffins</a> Side of Fruit	<a href="#">Butternut Squash Bisque</a> <a href="#">Chicken &amp; Apple Curry Salad</a>	<a href="#">Buffalo Chicken Lettuce Wraps</a>
FRIDAY	2 Hard Boiled Eggs Side of Fruit	<a href="#">Leftover Buffalo Chicken Lettuce Wraps</a>	<a href="#">Crockpot Whole30 Chili</a> Side Salad
SATURDAY	<a href="#">2 Chicken Sausage Frittata Muffins</a> Side of Fruit	<a href="#">Leftover Chili</a> Side of Fruit Raw Veggies	<a href="#">Sheet Pan Fajitas with avocado</a> (no rice, sliced avocado only)

Click the highlighted text for links to recipes on [tastythin.com](http://tastythin.com)

## SHOPPING LIST

### Proteins

- Boneless skinless chicken breast (about 5 lbs)
- Turkey Tenderloin
- Ground Turkey and/or Beef (3 lbs)
- Chicken sausage (or other compliant sausage)
- Eggs (at least 2 dozen)

### Pantry Items

- Broth (chicken/vegetable)
- Coconut Milk
- Coconut Cream
- Slivered almonds
- Crushed tomatoes
- Diced tomatoes
- Coconut Aminos
- Dijon mustard
- Avocado Oil
- Cayenne Pepper Sauce
- red wine vinegar
- Cooking Oil (ghee, coconut)

### Fresh Produce

- |   |   |
|---|---|
| <input type="checkbox"/> Spaghetti Squash             | <input type="checkbox"/> Fruit of your choice                               |
| <input type="checkbox"/> Butternut Squash             | <input type="checkbox"/> Carrots (tri-colored and regular)                  |
| <input type="checkbox"/> Sweet Potatoes               | <input type="checkbox"/> Avocado  |
| <input type="checkbox"/> Baby Potatoes (red/yellow)   | <input type="checkbox"/> Fresh Herbs (rosemary, parsley, cilantro, thyme)   |
| <input type="checkbox"/> Celery                       | <input type="checkbox"/> Raw Veggies of your choice for salads and snacking |
| <input type="checkbox"/> Bell Peppers (4-5 red/green) | <input type="checkbox"/> Onions   |
| <input type="checkbox"/> Apples                       | <input type="checkbox"/> Zucchini   |
| <input type="checkbox"/> Romaine Lettuce              | <input type="checkbox"/> Garlic   |

Optional Snack Ideas: Almonds, hard boiled eggs, pickles, olives, dried fruit

## WEEKLY PREP PLAN

On Sunday, complete the following prep:

- ✓ Cook chicken breast in crockpot for Chicken & Apple Curry Salad, Pesto Chicken Salad, and Buffalo Chicken Lettuce Wraps
- ✓ Make Butternut Squash Bisque
- ✓ Make Chicken & Apple Curry Salad w/Paleo Mayo
- ✓ Make Chicken Sausage Frittata Muffins
- ✓ Prep Raw Veggies for snacking
- ✓ Hard boil eggs