

	Meal Prep	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1 (Add fruit if desired)	Frittata Muffins , Whole30 Hash	Frittata Muffins OR Eggs with W30 Hash	Frittata Muffins OR Eggs with W30 Hash	Frittata Muffins OR Eggs with W30 Hash	Frittata Muffins OR Eggs with W30 Hash	Frittata Muffins OR Eggs with W30 Hash	Frittata Muffins OR Eggs with W30 Hash	Frittata Muffins OR Eggs with W30 Hash
Meal 2 (Substitute salad if desired)	IP Shredded Chicken , Detox Veggie Soup , W30 Mayo	Chicken Salad & Detox Soup OR Leftovers	Chicken Salad & Detox Soup OR Leftovers	Chicken Salad & Detox Soup OR Leftovers	Chicken Salad & Detox Soup OR Leftovers	Chicken Salad & Detox Soup OR Leftovers	Chicken Salad & Detox Soup OR Leftovers	Chicken Salad & Detox Soup OR Leftovers
Meal 3 (Add salad or veggie side)	Seasoning Blends , Best Asian Dressing	Instant Pot Whole Chicken & Gravy	Instant Pot Stuffed Pepper Taco Soup	Sausage & Potato Sheet Pan Dinner	Asian Chicken Chopped Salad	Instant Pot Hamburger Soup	Burgers & Whole30 Fries	Sheet Pan Shrimp Fajitas
Snacks	Ideas: Veggies & Whole30 Ranch , Homemade Chocolate Larabars , Almonds, Olives, Pickles, Fruit							

Produce	Meat/Protein	Pantry	Frozen	Misc.
onions	whole chicken	chicken /beef broth	cauliflower rice	
yellow/russet potatoes	ground beef/turkey (3 lbs)	diced tomatoes	green beans	
minced garlic & ginger	chicken sausage	tomato paste		
bell peppers	chicken breast (3 lbs)	avocado oil		
green beans	raw shrimp	dates		
coleslaw mix	eggs	almonds		
red cabbage	compliant sausage	rice vinegar		
carrots		sesame oil		
celery		coconut milk		
cucumbers		coconut cream		
fruit		cocoa powder		
sweet potatoes				
butternut squash				
parsley				