



WHOLE30

WEEK 1

DAY 1

SWEET SAUSAGE HASH
GRILLED CHICKEN STRAWBERRY SALAD
BEEF BURRITO BOWLS

DAY 2

EGG MUFFINS
SOUTHWESTERN SWEET POTATO SALAD
MEATLOAF

DAY 3

AVOCADO EGG SALAD
BRUSSELS SPROUTS BACON SALAD
BBQ RIBS

DAY 4

TURKEY APPLE HASH
CAULIFLOWER FRIED RICE
SWEDISH MEATBALLS

DAY 5

BREAKFAST HASH
PULLED PORK
BBQ CHICKEN CASSEROLE

DAY 6

BEEF SPINACH FRITTATA
BURGER BOWLS
GREEK CHICKEN SKILLET

DAY 7

BREAKFAST CASSEROLE
SLOPPY JOE SWEET POTATO BOWLS
ZUPPA TOSCANA

