

Meal Plan

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MONDAY

- #1 Spinach Frittata
- #2 Whole30 Antipasto Plate
- #3 Whole30 Zuppa Toscana Soup

TUESDAY

- #1 Moroccan-Inspired Breakfast Skillet
- #2 Tuna Avocado Salad with bell pepper
- #3 Slow Cooker Whole Chicken with roasted veggies

WEDNESDAY

- #1 Veggie and Egg Scramble
- #2 Leftover Zuppa Toscana Soup
- #3 Salmon with brussel sprouts and baked zucchini

THURSDAY

- #1 Moroccan-Inspired Breakfast Skillet
- #2 Cobb Salmon Salad
- #3 Whole30 Chicken Pot Pie Soup

FRIDAY

- #1 Veggie and Egg Scramble
- #2 Antipasto Plate
- #3 Buffalo Ranch Chicken Meatloaf with mashed potatoes

SATURDAY/SUNDAY

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| #1 Whole30 Breakfast Wrap | #1 Whole30 Sausage Gravy |
| #2 Butternut Squash Soup | #2 Tuna Avocado Salad |
| #3 Pork Verde over zoodles | #3 Balsamic Chicken & brussels |