

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	<a href="#">Paleo Dutch Babies</a> (double)	<a href="#">Pitaya Peach (or Blueberry) Smoothies</a>					Eggs, bacon, + <a href="#">potatoes</a>
<b>Lunch</b>	Out!	<a href="#">Instant Pot meatballs with spaghetti squash</a>		<a href="#">Carnitas</a> with rice, salsa, avocado, + sliced radishes			
<b>Dinner</b>	<a href="#">Vietnamese beef lettuce wraps</a> (double)	<a href="#">Lebanese lemon chicken, roasted beets &amp; sweet potatoes</a> , + sautéed kale			Out!	<a href="#">Crispy salmon</a> + <a href="#">bok choy salad</a>	
<b>Snack</b>	Chocolate sea salt Rx bar, orange + handful of almonds, or apple slices w/almond butter + cinnamon						

**Grocery list:**

Produce	Meat, Seafood, Dairy, Eggs	Spices & Seasonings	Pantry & Other
<input type="checkbox"/> Bok choy (1 medium head) <input type="checkbox"/> Radishes (1 bunch) <input type="checkbox"/> Carrots (5) <input type="checkbox"/> Scallions (1 bunch) <input type="checkbox"/> Butter lettuce (2 heads) <input type="checkbox"/> Kale (2 bunches) <input type="checkbox"/> Beets (1 bunch) <input type="checkbox"/> Rosemary & thyme <input type="checkbox"/> Parsley or basil (1 bunch) <input type="checkbox"/> Garlic (1 head) <input type="checkbox"/> Shallots (3) <input type="checkbox"/> Sweet potatoes (5) <input type="checkbox"/> Spaghetti squash (1 large) <input type="checkbox"/> Russet potatoes (3 large) <input type="checkbox"/> Apples (3-6) <input type="checkbox"/> Persimmon (1) <input type="checkbox"/> Avocados (4) <input type="checkbox"/> Lemons (5) <input type="checkbox"/> Oranges (3-6)	<input type="checkbox"/> Eggs (1 dozen) <input type="checkbox"/> Salmon (Two 6-ounce fillets) <input type="checkbox"/> Boneless pork shoulder (3 pounds) <input type="checkbox"/> Ground beef (4 pounds) <input type="checkbox"/> Boneless, skinless chicken thighs (3 pounds) <input type="checkbox"/> Bacon (1 package) <input type="checkbox"/> Ghee or butter <input type="checkbox"/> Almond milk (or milk of choice)	<input type="checkbox"/> Sea salt <input type="checkbox"/> Black pepper grinder <input type="checkbox"/> Mexican seasoning <input type="checkbox"/> Ground turmeric <input type="checkbox"/> Dried oregano <input type="checkbox"/> Bittersweet smoked paprika <input type="checkbox"/> Tamari or coconut aminos <input type="checkbox"/> Fish sauce (I recommend Red Boat) <input type="checkbox"/> Toasted sesame oil <input type="checkbox"/> Sambal oelek <input type="checkbox"/> Unseasoned rice vinegar <input type="checkbox"/> Salsa <input type="checkbox"/> Honey <input type="checkbox"/> Maple syrup <input type="checkbox"/> Vanilla extract <input type="checkbox"/> Lemon extract (optional) <input type="checkbox"/> Stone-ground mustard <input type="checkbox"/> Marinara sauce (25-oz. jar)	<input type="checkbox"/> Almond flour <input type="checkbox"/> Tapioca flour <input type="checkbox"/> Sliced almonds <input type="checkbox"/> Whole almonds (or nut of choice for snacking) <input type="checkbox"/> Rx bars <input type="checkbox"/> Almond butter (or nut butter of choice) <input type="checkbox"/> Olive oil <input type="checkbox"/> Avocado oil <input type="checkbox"/> Rice <input type="checkbox"/> Frozen dragonfruit (3 packages of 4) <input type="checkbox"/> Frozen peaches and/or blueberries <input type="checkbox"/> Collagen or other protein powder <input type="checkbox"/> Golden flaxseed meal (optional) <input type="checkbox"/> Baking soda

**Game Plan:**

- Saturday or Sunday: Grocery shop.
- Sunday morning: Make [Dutch babies](#) for breakfast.
- Sunday afternoon: Meal prep.
  1. Make [Instant Pot \(or slow-cooker\) carnitas](#).
  2. [Roast spaghetti squash](#).
  3. Make [Instant Pot meatballs](#).
  4. Make [Vietnamese beef lettuce wraps](#).
- Monday morning: Make [smoothies](#).
- Tuesday morning: Make smoothies.
- Tuesday night: Make dinner.
  1. [Roast beets & sweet potatoes](#).
  2. Make [Lebanese lemon chicken](#).
  3. Sauté kale (with garlic if desired).
- Wednesday morning: Make smoothies.
- Thursday morning: Make smoothies.
- Friday morning: Make smoothies.
- Saturday morning: Make eggs, bacon, and [potatoes](#).
- Saturday afternoon: Grocery shop for next week.
- Saturday night: Make dinner.
  1. Make [bok choy salad](#).
  2. Make [crispy honey butter salmon](#).

- Sunday and Monday nights: Omit rice in lettuce wraps or substitute cauliflower rice (add cauliflower to grocery list). Omit honey from sauce and carrots. Use coconut aminos instead of tamari.
- Saturday night: Omit honey and use ghee instead of butter when making salmon.
- Check ingredients carefully on marinara sauce, almond milk, mustard, and any other packaged goods to make sure there are no off-plan ingredients.

**Notes:**

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**Whole30 Modifications:**

- Snacks: Choose a Whole30-compliant Rx bar (such as blueberry, coconut chocolate, or mixed berry) instead of Chocolate Sea Salt.
- Sunday morning: Have eggs, bacon, & potatoes or [Whole30 breakfast nachos](#) instead of Dutch babies (you'll need to update your grocery list).