	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Paleo Dutch Babies (double)		Pesto Frittata w/ Everything Pesto					
Lunch	Out!	Stuffed Squash with Sausage	Bacon & Sweet Potato Chili	Instant Pot Fesenjan + Rice or Cauli Rice	Stuffed Squash with Sausage	Bacon & Sweet Potato Chili	Curry Butter Shrimp + Rice or Cauli Rice	
Dinner	Bacon & Sweet Potato Chili	Instant Pot Fesenjan + Rice or Cauli Rice	Shrimp & Asparagus w/ Green Goddess	Stuffed Squash with Sausage	Instant Pot Fesenjan + Rice or Cauli Rice	Stuffed Squash with Sausage	Out!	
Snack	Rx bar or apple slices w/almond butter + cinnamon							

Grocery list:

Produce	Meat, Seafood, Dairy, Eggs	Spices & Seasonings	Pantry & Other	
☐ Yellow onion (2)	☐ Eggs (1 dozen)	☐ Chili powder	☐ Rice (if not Whole30)	
☐ Sweet potatoes (2 lb)	□ Bacon	☐ Ground cumin	☐ Chicken bone broth	
☐ Kale (1 bunch)	☐ Ground beef (1 pound)	☐ Sea salt	☐ Pomegranate molasses (or	
☐ Avocados (3-5)	☐ Ground pork (1 pound)	□ Black pepper	juice)	
☐ Cilantro (1 bunch)	☐ Boneless, skinless chicken	☐ Turmeric	☐ Walnuts (6 ounces)	
☐ Cauliflower (for Whole30)	thighs (2 pounds)	☐ Garlic powder	☐ Frozen peaches	
Pomegranate (1)	□ 1 pound bulk Italian sausage	☐ Dried oregano	☐ Frozen raspberries	
☐ Oranges (10)	☐ Sour cream (optional, or sub	☐ Ground cinnamon	☐ Almond butter	
☐ Apples (3-8)	cashews for cashew cream)	☐ Ground cardamom	☐ Tahini	
☐ Ginger (two 5-inch pieces)	☐ Parmigiano reggiano	☐ Cayenne	☐ Collagen	
☐ Delicata or acorn squash (4)☐ Shiitake mushrooms (1/2 lb)	(optional)	☐ Bittersweet smoked paprika	☐ Cashews (for Whole30)	
☐ Parsley or basil (1 bunch)	☐ Shrimp (2 lb)	☐ Vanilla extract	☐ Paleo mayo (such as Primal	
☐ Asparagus (1 bunch)		☐ Nutritional yeast (optional)	Kitchen)	
☐ Scallions (1 bunch)		☐ Honey	☐ Extra virgin olive oil	
☐ Garlic (2 cloves)		☐ Maple syrup	☐ Almond flour	
☐ Lemons (2)		☐ Sherry vinegar (optional)	☐ Tapioca flour	
☐ Yukon Gold potatoes (1 lb)		☐ Red curry paste	☐ Baking soda	
☐ Carrots, celery, and/or		☐ Fish sauce (optional)	☐ Ghee or butter	
peppers for crudites			□ Rx bars	

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Game Plan:

- Saturday: Grocery shop.
- Sunday morning: Make Dutch babies.
- Sunday afternoon: Meal prep.
 - 1. Make chili.
 - 2. Make stuffed squash.
 - 3. Make fesenjan.
 - 4. Make hummus.
 - 5. Make rice or cauliflower rice.
- Monday morning: Make smoothies.
- Tuesday morning: Make smoothies.
- Tuesday night: Make shrimp & asparagus with green goddess dressing
- Wednesday morning: Make smoothies.
- Thursday morning: Make smoothies.
- Friday morning: Make smoothies.
- Saturday morning: Make everything pesto + pesto frittata.
- Saturday midday: Make curry butter shrimp + rice or cauli rice.
- Saturday afternoon: Grocery shop for next week.

Whole 30 Modifications:

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

- Meal prep: Use cashew cream instead of sour cream for stuffed squash; omit parmesan. Omit honey from fesenjan.
- Smoothies: Omit vanilla extract.
- Saturday: Use ghee instead of butter in curry butter shrimp and omit sweetener.

Motes.			