



Whole30 Meal Plan - Week 1

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Day 1	[A] Rosemary, Sausage & Sweet Potato Hash*	[C] Pulled Pork w/ Roasted Veggies*	[D] Crispy Chicken Thighs w/ Zesty Cauliflower
Day 2	[B] Southwest Chorizo Breakfast Casserole*	Chicken Thighs w/ Cauliflower (Leftovers)	[E] Taco Stuffed Bell Peppers
Day 3	Sausage & Sweet Potato Hash (Leftovers)	Pulled Pork w/Roasted Veggies (Leftovers)	[F] Chicken w/Creamy Garlic Mushroom Sauce
Day 4	Chorizo Breakfast Casserole (Leftovers)	Taco Stuffed Bell Peppers (Leftovers)	[G] Veracruz Style Fish Skillet
Day 5	Sausage & Sweet Potato Hash (Leftovers)	Chicken w/Creamy Sauce (Leftovers)	[H] Simple Steak Salad
Day 6	Chorizo Breakfast Casserole (Leftovers)	Simple Steak Salad (Leftovers)	[I] Turkey Vegetable Garden Soup
Day 7	Sausage & Sweet Potato Hash (Leftovers)	Turkey Vegetable Garden Soup (Leftovers)	[J] Sheet Pan Chicken & Squash

Week 1 Notes

* Make ahead meals. Prep these meals over the weekend to have on hand for warming up quickly during the week. For the Pulled Pork w/Roasted Veggies, you'll pick 4 servings of your favorite veggies to roast. Cut them into even sized pieces, drizzle with avocado oil and season with your favorite clean seasoning blend. Roast in the oven at 400° Fahrenheit for 25-30 minutes, or until they are cooked to your liking.

S H O P W E E K 1

Letters in parenthesis below indicate which meal the ingredient is for

Produce

- 8 cups Arugula [H]
- 8 cups Greens (spinach, arugula, kale, etc.) [A]
- 1 small head Romaine lettuce [K]
- 3 Avocados [B,E]
- 1/4 pound Green beans [I]
- 1 head Cauliflower (about 6-8 cups) [D]
- 3 Celery stalks [I]
- 1/2 cup Cilantro [D]
- 2 Delicata squash [J]
- 8 cloves Garlic [F,G,I]
- 20 Grapes [J]
- 6 Heirloom tomatoes [H]
- 3 Tomatoes [E,I,K]
- 2 Jalapeños [D,G]
- 1 Lime [D]
- 1/4 cup Mushrooms [F]
- 1 Green onion [G]
- 4 Onions [A,B,E,F,G,I,K]
- 1 Red onion [H]
- 1 Shallot [J]
- 6-1/2 Bell peppers [A,B,E,G]
- 3 Plantains [B,K]
- 2 Sweet potatoes [A]
- 3 tablespoons Fresh rosemary (or sub dried) [A,J]
- 3 tablespoons Fresh sage (or sub dried) [I,J]
- 1 tablespoon Fresh thyme (or sub dried) [I]
- 1 small Yellow squash [I]
- 3 small Zucchini [F]
- 4 servings of vegetables of choice [C]

Meat

- 7 pieces Bacon [F,K]
- 2-1/2 pounds Grass-fed ground beef [E,K]
- 3 Boneless skinless chicken breasts [F]
- 1-1/2 pounds Boneless skinless chicken thighs [J]
- 3 pounds Bone-in, skin on chicken thighs (can also use drumsticks) [D]
- 1 pound Ground chorizo [B]
- 2 Cod fillets (or sub tilapia, red snapper, halibut) [G]
- 2 pounds Ground pork [A]
- 2 pounds Organic bone-in pork shoulder [C]
- 2 pounds Skirt steak (or sub flank steak) [H]
- 1 pound Ground turkey (or sub ground chicken) [I]

Refrigerated

- 20 Eggs (8 optional for Meal A) [A,B]
- 1/2 cup Sauerkraut (optional) [K]

Oil & Vinegar

- 5/8 cup Avocado oil [A,B,D,I,J,K]
- 1/4 cup Balsamic vinegar [H]
- 1/4 cup Olive oil [H]

Pantry

- 2 tablespoons Arrowroot flour [F]
- 1-1/2 teaspoons Capers [G]
- 4-1/2 cups Chicken broth [C,I]
- 1 can Diced green chilies (~4oz) [E]
- 1/2 cup Marinara sauce [G]
- 1 cup Coconut milk [F]
- 2 tablespoons Mustard (optional) [K]
- 3/4 cup Sliced olives [E,G]
- 2 tablespoons Mayo (optional) [K]
- 1 Pickle [K]
- 3/4 cup Salsa [B,E]
- 1/2 can Diced tomatoes [G]

Seasonings

- 1/4 teaspoon Cayenne pepper [E]
- 3-1/2 teaspoons Chili powder [C,D,E]
- 1-1/2 teaspoons Cumin [D,E]
- 3-1/2 teaspoons Garlic powder [A,C,E]
- 2 teaspoons Onion powder [C,E]
- 3-3/4 teaspoons Oregano [A,E,G]
- 1-1/2 teaspoons Paprika [D,E]
- 2-1/2 teaspoons Smoked paprika [A,C]
- Salt and pepper [all]

MAKE AHEAD

SERVING
SIZE = 8

Meal A - Rosemary Sausage & Sweet Potato Hash

MAKE
TIME
40 MINS

Ingredients:

- 2 sweet potatoes, cubed into bite size pieces (or sub regular potatoes)
- 2 tbsp avocado oil, divided
- 1 onion, roughly chopped
- 1 bell pepper, roughly chopped
- 2 lbs ground pork
- 1 tbsp fresh rosemary, finely chopped
- 2 tsp oregano
- 1 tsp garlic powder
- 1 tsp smoked paprika
- salt and pepper, to taste
- 8 cups greens (spinach, arugula, kale, etc.)
- 8 eggs, (optional)

Directions:

1. Preheat oven to 425° Fahrenheit and line a baking sheet with parchment paper
2. Cut sweet potatoes as noted and spread out cubes on the baking sheet. Drizzle with 1 tbsp avocado oil and sprinkle with salt and pepper. Mix to coat and spread the potato cubes out in an even layer. Place in the oven to bake for 30 minutes.
3. While the potatoes are cooking, cut up onion and bell pepper as noted.
4. Heat a large skillet over medium heat and add 1 tbsp avocado oil, onion and bell pepper. Cook until onions soften, about 4-5 minutes.
5. Add ground pork to the pan and cook until the pork is no longer pink, stirring occasionally, about 10-12 minutes.
6. While the pork cooks, prep rosemary as noted.
7. Once the pork is browned, add oregano, garlic powder, smoked paprika and rosemary to the pan. Mix with the pork, taste and season with salt and pepper as desired. Turn heat down to low and simmer.
8. Once the potatoes are finished, add them in with the pork mixture and mix to incorporate.
9. Serve over greens and add an optional egg on top, cooked as desired.

SERVING
SIZE = 8

Meal B - Southwest Chorizo Breakfast Casserole

MAKE
TIME
50 MINS

Ingredients:

- 2 tbsp avocado oil
- 1 lb ground chorizo
- 2 plantains, peeled and chopped into small pieces (or sub 2 medium potatoes)
- 1 bell pepper, diced
- 1/2 onion, diced
- 12 eggs
- Pinch salt and pepper
- 2 avocados, sliced
- 1/2 cup salsa

Directions:

1. Preheat oven to 375° Fahrenheit and grease a 9x13 baking pan with oil.
2. In a large skillet over medium heat, add chorizo to cook. Break it up into small pieces and cook, stirring occasionally, until browned and crispy on the edges, about 8-10 minutes.
3. While the chorizo is cooking, cut up the plantains, bell pepper, and onion.
4. When the chorizo is finished, remove it from the pan and place on a plate for later.
5. To the same pan add the plantains, bell pepper and onion. Cook, stirring occasionally for about 5 minutes, until the onions and bell pepper begin to soften. Remove from heat.
6. In a medium bowl, whisk eggs, salt, and pepper together until frothy.
7. Now, put everything in the baking pan. First add the plantains, bell pepper, and onion in a layer at the bottom. Top with a layer of chorizo and then top it all with the eggs.
8. Place in the oven to cook for 30 minutes, or until the eggs are set in the middle. Cover and refrigerate. To serve, re-heat and serve topped with sliced avocado and salsa.

= Place in a container, label, and refrigerate. Check the box when it's done!

M A K E A H E A D

SERVING
SIZE = 4

Meal C - Pulled Pork w/ Roasted Veggies

MAKE
TIME
8 HRS

Ingredients:

- 2 lbs organic bone-in pork shoulder
- 1-1/2 tsp Salt
- 1-1/2 tsp Pepper
- 1-1/2 tsp Garlic powder
- 1-1/2 tsp Onion powder
- 1-1/2 tsp Chili powder
- 1-1/2 tsp Smoked paprika
- 1/2 cup Chicken broth
- 4 servings of vegetables of choice

Directions:

1. Place all of the seasonings in a small bowl and mix well to make the spice rub.
2. Massage the spice rub all over the meat.
3. Place the pork into the crock pot, pour the chicken stock in.
4. Cook on low for 8 hours.
5. When the pork has about 45 minutes left, preheat oven to 400° Fahrenheit and line a baking sheet with parchment paper. Cut vegetables into even sized pieces and spread out on the baking sheet. Drizzle with avocado oil and season with your favorite clean seasoning blend. Roast in the oven at 400° Fahrenheit for 25-30 minutes, or until veggies are cooked to your liking.
6. When the pork is finished, remove it from the crock pot and place it on a cutting board.
7. Shred with two forks or tongs.
8. To serve, re-heat and serve pork with roasted veggies.

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M A K E W E E K 1

SERVING
SIZE = 4

Meal D - Crispy Chicken Thighs w/Zesty Cauliflower

PREP
TIME
5 MINS

Ingredients:

For the chicken seasoning:

- 1 tsp sea salt
- 1 tsp chili powder
- 1 tsp paprika

For the chicken and cauliflower:

- 3 lbs bone-in, skin on chicken thighs, (can also use drumsticks)
- 1 tbsp avocado oil
- 1 head cauliflower, cut into florets (about 6-8 cups)
- 1 jalapeño, sliced
- 1/2 cup cilantro, chopped
- 1 lime, juice of
- 1 tsp cumin
- Salt and pepper

Prep Steps:

1. Prepare the chicken seasoning by adding the seasoning ingredients to a small bowl or jar and mixing well. Store in an airtight container.
2. Chop the following ingredients:
 - Cauliflower - cut as directed.
 - Jalapeño - cut as directed.
 - Cilantro - cut as directed.

COOK
TIME
45 MINS

Cook Steps:

1. Preheat oven to 450° Fahrenheit. Season the chicken all over with chicken seasoning.
2. In a large oven safe skillet over medium-high heat, add avocado oil. Once hot, cook the chicken (in batches if needed) skin-side down without disturbing until the skin side is crisp and golden, about 5-6 minutes. Flip and cook the other side for 1 minute to give it a quick sear. Turn the heat off and transfer chicken to a plate.
3. Add the cauliflower to the skillet and season with cumin plus salt and pepper to taste. Stir and toss to coat with seasoning and some of the chicken juices in the pan.
4. Next, nestle the chicken skin-side up in the cauliflower. If there is too much chicken to fit in the pan with the cauliflower, place remaining chicken on a sheet pan. Carefully transfer everything to the oven and roast until the cauliflower is tender and the chicken is cooked through, about 20 minutes.
5. When the chicken is cooked through, remove from oven and add in cilantro and jalapeños. Squeeze the lime juice over everything and toss to combine. Serve and enjoy.

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SERVING
SIZE = 4

Meal E - Taco Stuffed Bell Peppers

COOK
TIME
20 MINS

Ingredients:

- 4 bell peppers, cut in half with the tops cut off and seeds removed
- 1/4 cup salsa
- 1 avocado, pit removed and cut into chunks
- 1 tomato, diced
- 1/2 cup sliced olives

Taco meat mixture ingredients:

- 1 lb grass-fed ground beef
- 1/2 yellow onion, diced
- 1 can diced green chilies

Taco Seasoning:

- 1 tsp garlic powder
- 1 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp onion powder
- 1/4 tsp cayenne pepper
- 1/4 tsp pepper
- 1/4 tsp salt
- 1/4 tsp oregano

Prep Steps:

1. Cut up onion and heat a large pan over medium heat.
2. Add in the ground beef and onion to the pan to brown.
3. Mix up the taco seasoning while the beef is cooking.
4. Once the beef is browned, add taco seasoning and green chilies. Mix well.

COOK
TIME
20 MINS

Cook Steps:

1. Preheat oven to 350° Fahrenheit.
2. Cut bell peppers in half and remove stems and seeds.
3. Place the bell peppers on a baking sheet. Fill them up with the taco meat mixture.
4. Place in the oven to bake for 15-20 minutes, until the peppers are cooked to your liking. We like the peppers with a little crunch, so 15 minutes is just right.
5. While the peppers are baking, cut avocado and tomatoes as directed.
6. Serve your peppers with salsa, tomatoes, olives, and avocado.

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SERVING
SIZE = 4

Meal F - Chicken W/Creamy Garlic Mushroom Sauce

COOK
TIME
5 MINS

Ingredients:

- 5 pieces bacon, diced
- 3 boneless skinless chicken breasts, chopped into small cubes
- 1/2 onion, diced
- 1/4 cup mushrooms, sliced
- 4 cloves garlic, minced
- 1 cup coconut milk
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp arrowroot flour
- 3 small zucchini spiralized

Prep Steps:

1. Chop the following ingredients:
 - Onion - cut as directed.
 - Garlic - cut as directed.

COOK
TIME
25 MINS

Cook Steps:

1. Cut up bacon and chicken breasts. Chop onions, mushrooms and mince garlic.
2. Heat a large skillet over medium heat. Once hot, add in the bacon to cook. Cook until it is just starting to get crispy, about 5-6 minutes. Remove with a slotted spoon to a paper towel lined plate.
3. While bacon is cooking, make your zoodles with the spiralizer and set aside.
4. Leaving at least 1 tbsp bacon grease in the pan, add in the chicken to cook. Season the chicken liberally with salt and pepper. Cook, stirring occasionally, until the chicken cubes are white and cooked through, about 6-7 minutes.
5. Remove the cooked chicken from the pan and place it in a bowl for later.
6. Next, add in the onion. Cook, stirring occasionally and scraping up the chicken and bacon bits from the bottom of the pan. Season with a pinch of salt and pepper.
7. Cook until the onions start to soften and turn translucent, about 3 minutes.
8. Add in the minced garlic and arrowroot flour. Stir it around to mix it well with the onions and remove any clumps.
9. Add in the coconut milk, stirring constantly for 2 minutes and break up any clumps from the flour. The sauce will thicken and bubble, that's ok.
10. Finally, add in the mushrooms, chicken and bacon into the pan. Turn the heat down to low and simmer for about 2-3 minutes, stirring occasionally.
11. Place a pan over medium heat to warm up the zoodles. Place the zoodles in the pan to heat up for about 2-3 minutes, tossing every minute or so.
12. Serve the chicken with creamy garlic and mushroom sauce over zoodles and enjoy.

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SERVING
SIZE = 2

Meal G - Veracruz Style Fish Skillet

PREP
TIME
10 MINS

Ingredients:

- 1/2 bell pepper, thinly sliced into strips
- 1/2 onion, thinly sliced
- 1/2 jalapeno, thinly sliced
- 2 cloves garlic, minced
- 1/4 cup sliced olives
- 1/2 can diced tomatoes,
- 1/2 cup marinara sauce
- 1 -1/2 tsp capers
- 1 -1/2 tsp oregano
- 2 cod fillets, of similar size (or sub tilapia, red snapper, halibut)
- 1 green onion, chopped for topping
- Salt and pepper

Prep Steps:

1. Chop the following ingredients:
 - Bell pepper/onion/jalapeno/garlic - cut as directed.

COOK
TIME
15 MINS

Cook Steps:

1. Place a large skillet over medium heat. Add in bell pepper, onion, jalapeño, garlic, olives, tomatoes, marinara sauce, capers, oregano and a large pinch of salt and pepper. Stir and mix well.
2. Cook, stirring occasionally, until the vegetables are tender and the sauce is starting to bubble, about 5 minutes.
3. Season both sides of cod fillets with salt and pepper and place on top of the sauce. Spoon some of the sauce on top of the cod. Cover with a lid and continue to cook on the stove over medium heat for about 5 – 6 minutes, or until fish flakes easily with a fork.
4. While the fish is cooking, chop green onions for topping.
5. Serve fish with the sauce topped with green onion.

SERVING
SIZE = 4

Meal H - Simple Steak Salad

PREP
TIME
5 MINS

Ingredients:

- 2 lbs skirt steak, (or sub flank steak)
- 6 heirloom tomatoes, sliced
- 8 cups arugula
- 1 red onion, sliced into small pieces
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- Sea salt and pepper

Prep Steps:

1. Chop the following ingredients:
 - Tomatoes/onions - cut as directed.

COOK
TIME
15 MINS

Cook Steps:

1. Heat a large skillet over medium heat and season steak with salt and pepper on both sides. You may have to use two skillets or cut steak to size and cook in batches. Once hot, place steak in skillet to cook, about 3-4 minutes per side depending on steak thickness and cooking preference.
2. Once steak is done, place on a cutting board to rest for a few minutes before slicing. Slice steak into small strips against the grain.
3. Prepare salad by adding sliced tomatoes and arugula to a plate. Top with sliced steak and drizzle with olive oil and balsamic. Sprinkle with additional salt and pepper if desired.

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SERVING
SIZE = 4

Meal 1 - Turkey Vegetable Garden Soup

PREP
TIME
10 MINS

Ingredients:

- 1/2 onion, diced
- 3 celery stalks, diced
- 2 cloves garlic, minced
- 1-1/2 tsp avocado oil
- 1 lb ground turkey, (or sub ground chicken)
- 4 cups chicken broth
- 1 small yellow squash, sliced (about 1/2 lb)
- 1/4 lb green beans, trimmed and cut into 1 inch pieces (about 2 cups)
- 1-1/2 tomatoes, roughly chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh sage, chopped
- Salt and pepper

Prep Steps:

1. Chop the following ingredients:
 - Onion/celery - cut as directed.
 - Garlic - cut as directed.
 - Squash/green beans - cut as directed.
 - Tomatoes/thyme/sage - cut as directed.

COOK
TIME
40 MINS

Cook Steps:

1. In a large pot or dutch oven over medium heat, add in avocado oil. Once hot, add in onion and celery to cook, stirring occasionally until the onions start to soften, about 4-5 minutes.
2. Add in garlic and stir to mix. Next, add in ground turkey. Season with salt and pepper and break the turkey into small bits and mix it up with the veggies. Cook, stirring occasionally, until the turkey is browned, about 8-10 minutes.
3. Once the turkey is browned, add in broth and turn heat up to bring to a low boil.
4. Add in the squash and beans. Add more water or broth if needed to reach your desired soup consistency. Return to a boil then reduce heat to simmer. Simmer for 10-12 minutes, stirring occasionally, until the veggies are tender.
5. Stir in tomatoes, thyme and sage. Taste and season with any salt and pepper as desired. Cook for a few additional minutes to heat the tomatoes.
6. Ladle into bowls and serve.

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SERVING
SIZE = 4

Meal J - Sheet Pan Chicken & Squash

PREP
TIME
10 MINS

Ingredients:

- 2 delicata squash, cut into small pieces (or about 4 cups of your favorite winter squash)
- 2 tbsp avocado oil
- 1 shallot, diced
- 2 tbsp fresh rosemary, finely chopped (or sub dried)
- 2 tbsp fresh sage, finely chopped (or sub dried)
- 20 grapes, halved
- 1.5 lbs boneless skinless chicken thighs
- Salt and pepper

Prep Steps:

1. Chop the following ingredients:
 - Squash- cut as directed.
 - Shallot - cut as directed.
 - Rosemary/sage - cut as directed.
 - Grapes - cut as directed.

COOK
TIME
40 MINS

Cook Steps:

1. Preheat oven to 400° Fahrenheit and line a couple of medium baking sheets with parchment paper.
2. Spread out/sprinkle all of the shallot and about half of the rosemary and sage onto one of the baking sheets.
3. Layer chicken on top of shallot, rosemary and sage. Season with salt and pepper to taste. Finally, layer the grapes on and around the chicken.
4. Spread out the squash on the other baking sheet. Sprinkle the remaining rosemary and sage over the top of both the chicken and squash.
5. Place both baking sheets in the oven. Bake for 40 minutes, or until the chicken is cooked through and the squash is tender. About halfway through toss the squash around to help them cook evenly. Remove from the oven once done, serve and enjoy.

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