

WHOLE 30 WEEK 1 MEAL PLAN

BY: KRISTEN ROSANIA | @FORLEMONSAKE

Breakfast

Lunch

Dinner

Day 1

Poached Eggs,
Roasted Potatoes, and
Mashed Avocado with
Salt and Pepper

Tuna Salad Wraps in
Romaine Lettuce with
[Primal Kitchen Mayo](#)
and [Bubbies Pickles](#)

[BBQ Chicken Bowls
with Roasted Sweet
Potatoes and
Coleslaw](#)
Recipe by @40aprons

Day 2

Scrambled Eggs with
Ghee, Salt, Pepper,
Avocado, & fruit

Tuna Salad Wraps in
Romaine Lettuce with
[Primal Kitchen Mayo](#)
and [Bubbies Pickles](#)

[Chicken and Sausage
Gumbo](#) with
Cauliflower Rice
Recipe by
@thedefinreddish

Day 3

2 Hard Boiled Eggs, or
[Blueberry Coconut
Chia Seed Pudding](#)
Recipe by
@mad_about_food

Leftovers: [Chicken
and Sausage Gumbo](#)
with Cauliflower Rice
Recipe by
@thedefinreddish

[Pepper Steak Stir-Fry](#)
Recipe by
@allthehealthythings

Day 4

2 Hard Boiled Eggs, or
[Blueberry Coconut
Chia Seed Pudding](#)
Recipe by
@mad_about_food

Leftovers: [Pepper
Steak Stir-Fry](#)
Recipe by
@allthehealthythings

[Taco Casserole](#) with
Guacamole
Recipe by
@madaboutfood
*Soak cashews 4 hours
before

Day 5

2 Hard Boiled Eggs, or
[Blueberry Coconut
Chia Seed Pudding](#)
Recipe by
@mad_about_food

Leftovers: [Taco
Casserole](#) with
Guacamole
Recipe by
@madaboutfood

[Spaghetti Squash
Chicken Pad Thai](#)
Recipe by
@shuangys_kitchensink

Day 6

2 Hard Boiled Eggs, or
[Blueberry Coconut
Chia Seed Pudding](#)
Recipe by
@madaboutfood

Leftovers: [Spaghetti
Squash Chicken Pad
Thai](#)
Recipe by
@shuangys_kitchensink

[Sheet Pan Lemon
Garlic Salmon and
Veggies](#)
Recipe by
@wholekitchensink

Day 7

Scrambled Eggs with
Ghee, Salt, Pepper,
Avocado, & fruit

Tuna Salad Wraps in
Romaine Lettuce with
[Primal Kitchen Mayo](#)
and [Bubbies Pickles](#)

[Spaghetti Squash
Chicken Alfredo](#)
Recipe by
@paleorunningmamma

Coffee with
[Nutpods French
Vanilla Creamer](#)

Snack Ideas:
[Chomps Beef Sticks](#), [Siete Grain Free
Tortilla Chips](#), Fruit, [Bubbies Pickles](#), [Epic
Rork Rinds](#), Banana with Cashew Butter

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Grocery List

Produce

- 6 Avocados
- 5 Green Apples
- 1 Bag of Green Grapes
- Raspberries
- Bananas
- 4 Sweet Potatoes
- 1 Bag Coleslaw Mix
- 3 Hearts of Romaine
- 1 Red Onion
- 3 Yellow Onions
- 2 Red Bell Peppers
- 2 Green Bell Peppers
- 1 Bunch of Celery
- 2 Bulbs Fresh Garlic
- 2 Bags Cauliflower Rice
- Fresh Ginger
- 1 Bunch Green Onions
- 3 Lemons
- 2 Limes
- 1 Bunch Fresh Cilantro
- 2 Lg Spaghetti Squash
- 2 Lg Carrots
- 1 Lb Red Potatoes
- 1 Small Bag Green Beans

Frozen

- 1 Bag Frozen Okra
- 1 Bag Frozen Blueberries

Dairy Alternatives

- 2 Cans Light Coconut Milk
- Almond Milk, Sugar Free

- [Nutpods French Vanilla Creamer](#)

Proteins

- 18 eggs
- 6-7 Boneless Skinless Chicken Breasts
- 6 [Chomps Beef Sticks](#)
- 6 Cans [Safe Catch Tuna](#)
- 12 oz [Bilinski Andouille Sausage](#)
- 1 lb. flank steak or sirloin steak
- 1 lb ground beef
- 1/2 lb salmon

Spices

- Salt
- Pepper
- Italian Seasoning
- Chili Powder
- Cinnamon
- Dried Thyme
- Sesame Seeds
- Cumin
- Smoked Paprika
- Cayenne Pepper
- Dried Basil
- Dried Oregano

Condiments/Oils/ Vinegars

- Ghee
- [Primal Kitchen Mayo](#)
- [Primal Kitchen BBQ Sauce](#)
- Olive Oil
- Avocado Oil
- Coconut Aminos
- Rice Vinegar
- Sesame Oil

- Cashew Butter, No Sugar
- [Red Boat Fish Sauce](#)

Other

- Chia Seeds
- Vanilla Extract
- [Bubbies Pickles](#)
- 1 Can Tomato Paste
- 2 Boxes Chicken Broth
- Arrowroot Starch
- 2 C Raw Cashews
- Nutritional Yeast
- [Siete Grain Free Tortilla Chips](#)

Note

This grocery list is for 2 people following all of the recipes. When leftovers are mentioned in the meal plan, 4 portions have been accounted for in the grocery list. Adjust the recipes to create 4 portions. If leftovers are not included in the meal plan, I have accounted for 2 portions of that recipe.