

WHOLE 30 WEEK 2 MEAL PLAN

BY: KRISTEN ROSANIA | @FORLEMONSAKE

Breakfast

Lunch

Dinner

Day 1

[Green Chile Beef Egg Cups](#)
Recipe by
@thedefineddish

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

[Healthy Burger Bowls with Special Sauce](#)
Recipe by
@allthehealthythings

Day 2

[Green Chile Beef Egg Cups](#)
Recipe by
@thedefineddish

Leftovers: [Healthy Burger Bowls with Special Sauce](#)
Recipe by
@allthehealthythings

[Chicken and Potato Chowder](#)
Recipe by
@thedefineddish

Day 3

2 Hard Boiled Eggs, or [Raspberry Sherbert Chia Pudding](#).
Recipe by
@get.inspired.everyday

Leftovers: [Chicken and Potato Chowder](#)
Recipe by
@thedefineddish

[Creamy Garlic Tuscan Salmon](#) with Cauliflower Rice
Recipe by @jzeats

Day 4

2 Hard Boiled Eggs, or [Raspberry Sherbert Chia Pudding](#).
Recipe by
@get.inspired.everyday

[Chinese Chicken Salad with Almond Butter Sesame Dressing](#).
Recipe by
@paleorunningmomma

Leftovers: [Creamy Garlic Tuscan Salmon](#) with Cauliflower Rice
Recipe by @jzeats

Day 5

2 Hard Boiled Eggs, or [Raspberry Sherbert Chia Pudding](#).
Recipe by
@get.inspired.everyday

Leftovers: [Chinese Chicken Salad with Almond Butter Sesame Dressing](#).
Recipe by
@paleorunningmomma

[Greek Chicken on a Stick](#) with Olives and Greens
Recipe by
@healthylittlepeach

Day 6

2 Hard Boiled Eggs, or [Raspberry Sherbert Chia Pudding](#).
Recipe by
@get.inspired.everyday

Leftovers: [Greek Chicken on a Stick](#) with Olives and Greens
Recipe by
@healthylittlepeach

[Crispy Air Fryer Chicken Wings with Primal Kitchen Buffalo Sauce](#), Celery, and [Ranch](#)
Recipe by @jzeats

Day 7

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

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

[Thai Curry Soup with Shrimp](#)
Recipe by Chef Shelley, found via
@wholesomelicious

Coffee with [Nutpods French Vanilla Creamer](#)

Snack Ideas:
[Forager Cassava and Cashew Chips](#), [RX Vanilla Almond Butter Packets](#), [Bubbies Pickles](#), [Epic Rork Rinds](#), Fruit with Nut Butter

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Grocery List

Produce

- Fruit of your choice
- 1 Lemon
- 1 Lime
- 1 White Onion
- 1 Red onion
- 3 Yellow Onions
- 8 Medjool Dates, Pitted
- 2 Avocados
- 2 Hearts of Romaine
- 1 Lg Carrot
- 3 Stalks of Celery
- Fresh Garlic
- 1 Small Box of Baby Bella Mushrooms
- 1 Russet Potato
- 1 Lg Box of Baby Spinach
- Fresh Parsley
- Fresh Basil
- Fresh Cilantro
- 1 Box Sundried Tomatoes (Packaged in Olive Oil)
- 1 Bag Cauliflower Rice
- Fresh Ginger
- Coleslaw Mix
- 1 Small Purple Cabbage
- 1 Bunch Scallions
- 1 Medium Tomato
- 1 Box Cherry Tomatoes

Frozen

- 20oz Frozen Raspberries

Dairy Alternatives

- 3 Cans Full Fat Coconut Milk
- 2 Cans Light Coconut Milk

- [Nutpods, French Vanilla](#)

Proteins

- 18 Eggs
- 4 Cans [Safe Catch Tuna](#)
- 1.5 lbs Ground Beef
- 1 Package of Bacon (Sugar Free)
- 4 Boneless Skinless Chicken Breasts
- 4 5oz Salmon Filets
- 1 lb Boneless Skinless Chicken Thighs
- 1 lb Chicken Wings
- 8 oz Shrimp

Spices

- Salt
- Pepper
- Cumin
- Onion Powder
- Dried Oregano
- Garlic Powder
- Paprika
- Dried Thyme
- Bay Leaf
- Red Pepper Flakes
- Italian Seasoning

Condiments/Oils/ Vinegars

- Olive Oil
- Coconut Oil
- Ghee
- [Primal Kitchen Mayonnaise](#)
- [Primal Kitchen Ketchup](#)
- [Primal Kitchen Buffalo Sauce](#)
- [Primal Kitchen Ranch](#)

- Yellow Mustard
- Dijon Mustard
- Almond Butter
- Coconut Aminos
- Sesame Oil
- Rice Vinegar
- [Thai Kitchen Curry Paste](#)

Other

- Chia Seeds
- 1 4oz Can Chopped Green Chiles
- [1 Jar Bubbies Pickles](#)
- 1 Jar Olives, Compliant
- Arrowroot Flour
- 2 Boxes Chicken Broth
- 1/2 C Raw Cashews
- 1 Can Mandarin Oranges, Compliant
- Wooden Skewer Sticks

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 recipe to create 4 portions. If leftovers are not included in the meal plan, I have accounted for 2 portions of that recipe.