

# WHOLE 30 WEEK 3 MEAL PLAN

BY: KRISTEN ROSANIA | @FORLEMONSAKE

## Breakfast

## Lunch

## Dinner

### Day 1

Blueberry Smoothie with [Vital Proteins Collagen](#), Almond Butter, and Spinach

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

[Whole 30 Zuppa Toscana](#)  
Recipe by @40aprons

### Day 2

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

Leftovers: [Whole 30 Zuppa Toscana](#)  
Recipe by @40aprons

[Peruvian Style Chicken](#) with Chicken Drumsticks  
Recipe by @daniellewalker

### Day 3

Blueberry Smoothie with [Vital Proteins Collagen](#), Almond Butter, and Spinach

Leftovers: [Peruvian Style Chicken](#) with Chicken Drumsticks  
Recipe by @daniellewalker

[Whole 30 Classic Meatloaf](#) with [Cauliflower "Mashed Potatoes"](#)  
Recipes by @thedefineddish

### Day 4

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

Leftovers: [Whole 30 Classic Meatloaf](#) with [Cauliflower "Mashed Potatoes"](#)  
Recipes by @thedefineddish

[Chicken Fajita Salad](#)  
Recipe from @everylastbite\_

### Day 5

Blueberry Smoothie with [Vital Proteins Collagen](#), Almond Butter, and Spinach

Leftovers: [Chicken Fajita Salad](#)  
Recipe from @everylastbite\_

[Lettuce Wraps](#) with Cauliflower Rice  
Recipe by @themovementmenu

### Day 6

Scrambled Eggs with Ghee, Salt, Pepper, Sugar-Free Bacon, & fruit

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

Leftovers: [Lettuce Wraps](#) with Cauliflower Rice  
Recipe by @themovementmenu

### Day 7

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

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

[Asian Cauliflower Fried Rice](#)  
Recipe by @enomnompaleo

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 bag of spinach
- 2 bags of romaine lettuce
- 1 box butter lettuce
- 3 medium yellow potatoes
- 3 yellow onions
- 1 sweet onion
- 2 red onions
- 2 yellow bell peppers
- 3 red bell peppers
- 3 green bell peppers
- 4 jalapenos
- 2 avocados
- 1 small box of cherry tomatoes
- fresh garlic
- 1 bunch of dino kale
- 2 lemons
- 5 limes
- 2 bunches of fresh cilantro
- fresh basil
- fresh mint
- 3 lg sweet potatoes
- 1 head of cauliflower
- 3 bags of cauliflower rice
- 1 small box cremini mushrooms
- fresh ginger
- 1 bunch of scallions

### Frozen

- 1 Lg bag of Frozen Blueberries

### Dairy Alternatives

- 2 Cans of Full Fat Coconut Milk
- Nutpods, French Vanilla

### Proteins

- 12 Eggs
- 4 Cans [Safe Catch Tuna](#)
- Bacon, sugar free
- [1 lb Whole Foods 365 Italian Sausage](#)
- 1.5 lbs Chicken Drumsticks
- 3 lbs. Ground Beef
- 4 Chicken Breasts

### Spices

- Salt
- Pepper
- Red Pepper Flakes
- Paprika
- Ground Cumin
- Dried Oregano
- Dried Thyme
- Chipotle or Chili Powder

### Condiments/Oils/ Vinegars

- Olive Oil
- Coconut Oil
- Ghee
- [Primal Kitchen Mayonnaise](#)
- [Primal Kitchen Ketchup](#)
- Almond Butter, sugar free
- White Vinegar

- Yellow Mustard
- Coconut Aminos
- 1 Bottle of Compliant Hot Sauce
- Toasted Sesame Oil
- Rice Vinegar
- [Red Boat Fish Sauce](#)
- [Thai Kitchen Red Curry Paste](#)

### Other

- [1 Jar Bubbies Pickles](#)
- [Vital Proteins Collagen](#)
- 2 boxes chicken stock
- 1 can tomato paste
- 1 can tomato sauce
- Almond flour
- 1/3 c roasted cashews

## 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.