

WHOLE 30 WEEK 4 MEAL PLAN

BY: KRISTEN ROSANIA | @FORLEMONSAKE

Best of Whole 30

Breakfast

Lunch

Dinner

Day 1

[Blueberry Cacao Smoothie](#)
Recipe by @forlemonsake

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

[Whole 30 Chicken and Sausage Gumbo](#) with Cauliflower Rice
Recipe by @thedefineddish

Day 3

[Blueberry Cacao Smoothie](#)
Recipe by @forlemonsake

Leftovers: [Whole 30 Chicken and Sausage Gumbo](#) with Cauliflower Rice
Recipe by @thedefineddish

[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

[Taco Casserole](#) with Guacamole
Recipe from @madaboutfood
*soak cashews for 4 hours before

Day 5

[Blueberry Cacao Smoothie](#)
Recipe by @forlemonsake

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

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

Day 6

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

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

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

Day 7

[Blueberry Cacao Smoothie](#)
Recipe by @forlemonsake

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

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

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
- 2 Bananas (to freeze)
- Pitted Dates
- 4 Avocados
- 3 Yellow Potatoes
- 4 Yellow Onions
- 1 Red Onion
- 3 Lime
- Fresh Garlic
- 1 Bunch of Dino Kale
- 1 Bag Cauliflower Rice
- 1 Head of Cauliflower
- 3 Stalks of Celery
- 2 Lg. Carrots
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 2 Lg. Sweet Potatoes
- 1 Lg. Spaghetti Squash
- 1 Bunch of Scallions
- Fresh Ginger
- 3 Heads of Romaine Lettuce
- 1 Small Box Cherry Tomatoes

Frozen

- 1 Lg bag of Frozen Blueberries
- 1 Bag Pre-cut Frozen Okra

Dairy Alternatives

- 1 Can Coconut Milk
- [Nutpods, French Vanilla](#)
- [Califia Farms Almond Milk, Unsweetened](#)

Proteins

- 12 Eggs
- 4 Cans [Safe Catch Tuna](#)
- 4 Chicken Breasts
- [1 \(12oz.\) Package Bilinski's Cajun-Style Andouille Sausage](#)
- Bacon, sugar free
- 4 Lbs. Lean Ground Beef
- [1 lb Whole Foods 365 Italian Sausage](#)

Spices

- Salt
- Pepper
- Crushed Red Pepper Flakes
- Cayenne Pepper
- Dried Thyme
- Cumin
- Smoked Paprika
- Chili Powder
- Onion Powder
- Dried Oregano
- Garlic Powder
- Paprika

Condiments/Oils/

Vinegars

- Olive Oil
- Avocado Oil
- Ghee
- [Primal Kitchen Mayonnaise](#)
- [Primal Kitchen Ketchup](#)
- Almond Butter, sugar free
- Coconut Aminos
- Yellow Mustard
- Hot Sauce, Sugar-Free

- Rice Vinegar
- [Red Boat Fish Sauce](#)
- Sesame Oil

Other

- Maca Powder
- Cacao Powder
- 3 Boxes Chicken Broth
- 2 Cans Tomato Paste
- 1 Can Tomato Sauce
- 1 Bag Arrowroot Starch
- 1/2 C Almond Flour
- 1.5 C Raw Cashews
- [1 Jar Bubbies Pickles](#)
- [Vital Proteins Collagen](#)

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.