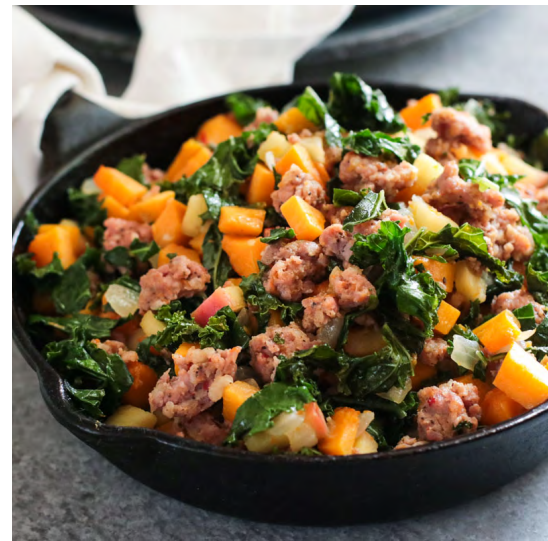


FIVE DAY WHOLE30-FRIENDLY MEAL PLAN



Includes easy
meals and
done-for-you
grocery list!

Created by:
the REAL FOOD
DIETITIANS

WHOLE30[®]

FIVEDAY

WHOLE30 MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Broccoli, Sweet Potato & Ham Bake + Berries	LEFTOVER Broccoli, Sweet Potato & Ham Bake + Berries	Butternut Squash & Apple Hash with Sausage + Berries	LEFTOVER Butternut Squash & Apple Hash with Sausage + Berries	LEFTOVER Butternut Squash & Apple Hash with Sausage + Berries
Lunch	Chicken Bacon Ranch Lettuce Wraps + Fruit of Choice	LEFTOVER Chicken Bacon Ranch Lettuce Wraps + Fruit of Choice	Creamy Curried Egg Salad served on Cucumber slices or a bed of greens + Fruit of Choice	LEFTOVER Creamy Curried Egg Salad served on Cucumber slices or a bed of greens + Fruit of Choice	LEFTOVER Creamy Curried Egg Salad served on Cucumber slices or a bed of greens + Fruit of Choice
Dinner	Italian Bison Meatballs with Blistered Tomato Sauce & Zoodles + Cooked, Steamed or Roasted Carrots	LEFTOVER Italian Bison Meatballs with Blistered Tomato Sauce & Zoodles + Cooked, Steamed or Roasted Carrots	Grilled or Broiled Salmon + Sweet Potato + Bacon Roasted Brussel Sprouts	LEFTOVER Grilled or Broiled Salmon + Sweet Potato + Bacon Roasted Brussel Sprouts	Clean out the Fridge Meal Protein Veggie + Carb Healthy Fat
Optional Snacks	Trail Mix (Raw Nuts & Seeds, Jerky pieces, and unsweetened dried fruit)	Hard Boiled Eggs + Carrots & Ranch	Banana or Apple + Almond Butter	Tuna Salad (avocado + lemon juice + dill) served on cucumber slices	Jerky + Berries

**Snacks are not included on the grocery list. Snacks are optional on the Whole30 but are often needed for those who live an active lifestyle or trying to maintain or gain weight.*

TO GET THE RECIPES FOR THIS MEAL PLAN, DOWNLOAD OUR FREE 16 MUST HAVE WHOLE30-FRIENDLY COMFORT FOODS EBOOK [HERE](#)



FIVE DAY

WHOLE30 MEAL PLAN

GROCERY LIST

Proteins:

- 1 ½ cups [Pederson's Natural Farms Uncured No Sugar Petite Ham](#), may sub cooked breakfast sausage
- 16 whole eggs
- 7 slices uncooked [Pederson's Natural Farms Uncured No Sugar Bacon](#) or Whole30-compliant bacon of choice
- 1 lb. [Pederson's Natural Farms All-Natural Ground Bison](#) or ground beef
- 1 lb. [Pederson's Natural Farms Italian Ground Sausage](#) or Whole30 compliant breakfast sausage of choice
- 1 lb. [Pederson's Natural Farms No Sugar Spicy Breakfast Sausage](#) or Whole30 compliant sausage of choice
- 1 lb. chicken breast
- 1 lb. salmon or fish of choice

Condiments, Oils & More:

- 6 Tbsp. [Primal Kitchen Avocado Oil](#)
- ¼ cup dry roasted or raw cashews
- ¼ cup unsweetened raisins
- ½ cup [Primal Kitchen Avocado Oil Mayo](#)
- ¼ cup [Primal Kitchen Ranch](#) or [Homemade Ranch](#)

Spices & Seasonings:

- Salt and pepper
- 1 ¼ tsp. curry powder
- ¼ tsp. turmeric

Fruits & Veggies:

- 3 medium sweet potatoes
- 1 medium butternut squash
- 1 small head of broccoli
- 2 red onion
- 1 yellow onion
- 1 garlic bulb
- ⅓ cup shredded carrots
- 2 celery stalks
- 2 Tbsp. fresh cilantro, chopped
- 1 ¼ lb. Brussels sprouts
- 6 medium zucchini
- 3 pints grape or cherry tomatoes
- Fresh basil
- 4 cups kale
- 2 green onions
- Leaf Lettuce or Butter Lettuce
- Salad greens of choice
- 2 medium cucumbers
- 1 apple
- 1 lime
- Berries of choice
- Fruit of choice