

## Whole 30 – 30 Day Meal Plan

### Day 1

Breakfast – Poached Eggs with Sautéed Spinach

Lunch – Salad Greens with Hard Boiled Eggs and a Dijon-Lemon Vinaigrette

Dinner – [Mustard Crusted Salmon](#) with Rosemary Roasted Sweet Potatoes and Beets

### Day 2

Breakfast – Smoothie (Almond Milk, Banana, Spinach, Blueberries, Hemp Hearts, Chia Seeds, Cinnamon)

Lunch – Avocado Chicken Salad over Spinach

Dinner – Cajun Seasoned Chicken Breast with Dill Potatoes and Green Beans

### Day 3

Breakfast – Sausage Patties with Sautéed Peppers and Onions

Lunch – Leftovers from dinner

Dinner – Sausage and Apple Stuffed Acorn Squash

### Day 4

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – Steak Salad with Herb Balsamic Dressing

### Day 5

Breakfast – Tomato Kale Frittata “Muffins”

Lunch – Leftovers from dinner

Dinner – Jamaican Jerk Chicken Lettuce Cups

### Day 6

Breakfast – Scrambled Eggs

Lunch – Leftovers from dinner

Dinner – Roast Chicken with Mashed Potatoes and Roasted Vegetables

### Day 7

Breakfast – Sweet Potato and Vegetable Hash

Lunch – Whole 30 Compliant Prosciutto and Melon

Dinner – Beef and Broccoli Lettuce Wraps

### Day 8

Breakfast – Smoothie

Lunch – Tuna with Tomatoes, Peppers, Green Onion and Balsamic Vinegar

Dinner – Thai Butternut Squash Soup

Day 9

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – Pork chops with Greek Potatoes and Roasted Brussel Sprouts

Day 10

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – Herbed Chicken Breast with Roasted Veggies

Day 11

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – Shrimp and Vegetable Curry

Day 12

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – [Turkey Meatball and Kale Soup](#)

Day 13

Breakfast – Potato and Sausage Hash

Lunch – Leftovers from dinner

Dinner – Roast Chicken with Mashed Potatoes and Veggies

Day 14

Breakfast – Easy-over egg with Potato “Pancake”

Lunch – Leftover Turkey Meatball and Kale Soup

Dinner – [Chicken Cacciatore](#)

Day 15

Breakfast – Apple “[Oatmeal](#)” with Banana, Hemp Hearts and Walnuts

Lunch – Salad with Chicken and Hard-Boiled Eggs

Dinner - Roasted Cauliflower, Fennel and Sausage

Day 16

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – Jicama Beef Tacos

Day 17

Breakfast – Oatmeal

Lunch – Leftovers from dinner

Dinner – [Walnut-crusteD Pork Tenderloin](#) with Roasted Broccoli

Day 18

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – Chicken Breast with [Crispy Swoodles](#)

Day 19

Breakfast – Oatmeal

Lunch – Leftovers from dinner

Dinner – Crispy Spicy Turkey with Fried Cauliflower “Rice”

Day 20

Breakfast – Breakfast Sausage and Egg Hash

Lunch – Tuna Salad with Onions, Tomatoes and Celery in a Balsamic Vinaigrette

Dinner – [Spaghetti Squash Chow Mein](#)

Day 21

Breakfast – Sautéed Spinach with Poached Egg

Lunch – Asian Chicken Cole Slaw

Dinner – Roast Beef with Boiled New Potatoes in an Herb “Butter” Sauce

Day 22

Breakfast – Oatmeal

Lunch – Chicken Salad

Dinner – Beef-Pork Meatloaf with Roasted Potatoes and Vegetables

Day 23

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – Almond-Crusted Walleye with Sweet Potato “Fries”

Day 24

Breakfast – Oatmeal

Lunch – Leftovers from dinner

Dinner – Slow-cooker Chicken Tikka Masala with Cauliflower “Rice”

Day 25

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – Herb-Crusted Pork Tenderloin with Stir-Fried Veggies

Day 26

Breakfast – Oatmeal

Lunch – Leftovers from dinner

Dinner – “Spaghetti” and Meatballs

Day 27

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – [Pork Egg Roll Bowl](#)

Day 28

Breakfast – Fried Egg with Sautéed Peppers and Onions

Lunch – Leftovers from dinner

Dinner – Chicken Wings with Salad Greens

Day 29

Breakfast – Oatmeal

Lunch – Leftovers from dinner

Dinner – Walnut-Crusted Pork Tenderloin with roasted Brussel Sprouts and Potatoes

Day 30

Breakfast – Smoothie

Lunch – Leftovers from dinner

Dinner – Grilled Steak with Herbed Rutabaga “Fries” and Sautéed Vegetables