

# My Whole 30 Meal Plan

## WEEK 4

		Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Notes								
BREAKFAST		Breakfast Sweet Potatoes	Easy Homemade Breakfast Sausage with avocado and hashbrowns	Breakfast Sweet Potatoes	Veggie Egg Scramble	Easy Apple Cinnamon Paleo Hot Cereal	Easy Homemade Breakfast Sausage with fried egg and avocado	Easy Apple Cinnamon Paleo Hot Cereal
LUNCH		Trader Joe's Chile Lime Burgers (or other Whole30 Compliant Burger)	Leftovers	Turkey Apple Club Wraps	Leftovers	Lemon Garlic Chicken with salad of choice	Eat Out	Easy Tuna Salad with bacon on lettuce wraps
DINNER		Stuffed Pepper Soup	Asian Turkey Meatballs with Whole30 Teriyaki Cauliflower Fried Rice	Cheeseless Chicken Parm With zucchini noodles & balsamic mushrooms	Slowcooker Lemon Garlic Chicken Add carrots and potatoes	Fried Mahi Bites with Spinach Artichoke Twice Baked Potatoes	Leftovers	In-N-Out Style Burgers with Roasted Carrot & Potato Fries