

# 1 Week Whole30 Meal Plan

by: Anya of [AnyasEats.com](http://AnyasEats.com)

## Monday

**Breakfast:** 2 hard boiled eggs + 2 pre-cooked slices of compliant bacon + 1/4 cantaloupe

**Lunch:** 4 Poke Avocado Boats + apple + handful of "Quite Cheezy" Kale Krunch by Alive & Radiant

**Dinner:** Five-Minute Greek Salad

## Tuesday

**Breakfast:** 2 hard boiled eggs + 2 pre-cooked slices of compliant bacon + 1/4 cantaloupe

**Lunch:** 4 Poke Avocado Boats + apple + 1 package of Seasnax

**Dinner:** Creamy Avocado Bacon Zucchini Noodles + handful of blueberries

## Wednesday

**Breakfast:** Chorizo Breakfast Bowl + handful of green grapes

**Lunch:** Compliant RXBAR+ handful of blueberries + 2 slices of compliant bacon

**Dinner:** Slow Cooker Pulled Pork + Deli Style Cole Slaw + Bacon Lovers Spicy Southern Greens

## Thursday

**Breakfast:** Chorizo Breakfast Bowl + handful of green grapes

**Lunch:** Slow Cooker Pulled Pork + Deli Style Cole Slaw + Bacon Lovers Spicy Southern Greens

**Dinner:** Garlic Basil Roasted Chicken with Squash + handful of blueberries

## Friday

**Breakfast:** Fig & Apricot Breakfast Salad

**Lunch:** Chicken Salad collard roll-ups + handful of mixed nuts + 1 pear

**Dinner:** Creamy Kale, Bacon and Butternut Squash Soup

## Saturday

**Breakfast:** Fig & Apricot Breakfast Salad

**Lunch:** Sliced turkey roll-ups with compliant turkey, tomato, avocado, red onion and Primal Kitchen Foods Chipotle Lime Mayo + Summer Veggie Salad with Dairy-Free Pesto

**Dinner:** Paleo Chicken Nuggets with Tessemae's Whole30 Approved Ketchup + Roasted Broccoli

## Sunday

**Breakfast:** Rustic Veggie Omelet + 3 slices of compliant bacon + 1 pear

**Lunch:** Sliced turkey roll-ups with compliant turkey, tomato, avocado, red onion and Primal Kitchen Foods Chipotle Lime Mayo + Summer Veggie Salad with Dairy-Free Pesto

**Dinner:** Grilled Halibut Salad with Avocado Aioli

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