

4-WEEK WHOLE30

Meal Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Dishes - Feel free to customize and swap days	Instant Pot Lemon Garlic Chicken	Chili Lime Shrimp Fajita Bowl	Egg Roll in a Bowl	Broiled Salmon OR Seared Salmon	Garlic Steak with Asparagus & Mushrooms	Leftovers or Compliant Takeout Dishes (Chipotle, Panera, Five Guys, Zoe's Kitchen etc.)	Instant Pot Whole Rotisserie Chicken
Optional Sides - Feel free to swap with your favorites	Roasted Asparagus	Cauliflower Rice	Smashed Potatoes OR Fried Cauliflower Rice	Roasted Green Beans	Instant Pot Mashed Potatoes OR side salad		Cauliflower Mash

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Dishes - Feel free to customize and swap days	Vegan Chili	Zucchini Noodles with Meatballs	Chicken Piccata	Teriyaki Shrimp with Zucchini Noodles	Burger in a Bowl	Leftovers or Compliant Takeout Dishes (Chipotle, Panera, Five Guys, Zoe's Kitchen etc.)	Instant Pot Pot Roast
Optional Sides - Feel free to swap with your favorites	Rosemary Potatoes	Spinach Salad OR side salad	Roasted Brussels Sprouts OR roasted asparagus	Roasted Delicata Squash OR any squash	Sweet Potato Fries		Roasted Green Beans OR side salad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Dishes - Feel free to customize and swap days	Whole30 Broccoli "Cheese" Soup	Taco Zucchini Boats	Salmon Cakes	Shrimp and Zucchini Noodles	Teriyaki Chicken Stir Fry	Leftovers or Compliant Takeout Dishes (Chipotle, Panera, Five Guys, Zoe's Kitchen etc.)	Beef Stew
Optional Sides - Feel free to swap with your favorites	Roasted Butternut Squash OR any potato side dish	Roasted Delicata Squash OR any squash	Zucchini Fries OR Sweet Potato Fries	Asparagus Fries	Cauliflower Fried Rice		Roasted Broccoli

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Dishes - Feel free to customize and swap days	Vegan Stuffed Peppers	Balsamic Chicken (Instant Pot or Skillet)	Mongolian Beef Zucchini Noodles	Seared Salmon	Steak and Potatoes	Leftovers or Compliant Takeout Dishes (Chipotle, Panera, Five Guys, Zoe's Kitchen etc.)	Crispy Chicken Tenders
Optional Sides - Feel free to swap with your favorites	Sweet Potato Mash	Kale Caesar Salad OR any side salad	Potato Wedges	Roasted Spaghetti Squash	Arugula Salad OR any side salad		Cauliflower Wings