



# the nourishing home

## week two whole30 meal plan

Hi, Whole30 Friends!

I'm super excited to be taking this 30-day healthy living challenge with YOU!

Before you use this meal plan, I can't emphasize enough that it's so important to thoroughly understand the Whole30 Program before you start. So if you didn't do your homework, then please refer to the "[Day Zero: Getting Ready for Whole30](#)" post for the list of what you need to read prior to starting the program.

In addition, be sure to download Whole30's free "[How to Plan Healthy Meals](#)" pdf. This document includes important information on how to ensure you're getting the right combination of protein, veggies, fruits, fats, etc. This information will help you to curb cravings and in-between meal snacking, as well as ensure optimal nutrition.

Last but not least ... be sure to check out the prep ahead tips located in this meal plan. By prepping ahead, you'll find it so much easier to stay on target and enjoy delicious Whole30 meals. And remember, you can always swap out recipes by checking out the [Whole30 Meal Plans](#) and [Whole30 Recipes](#) available on the blog.

It's a joy to share my family's favorite Whole30 meals with you. Have a healthy and blessed week!

*P.S. Please be sure to join us at [The Nourishing Home Community](#) on Facebook for lots of support, advice and encouragement!  
We're here to make your journey easier and more fun too!*

*Kelly*

All underlined text in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

# The nourishing home week two whole30 meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><a href="#">Taco Salad with Creamy Cilantro Dressing</a> and Lime Wedges  <i>(To keep it easy: I just use a Mexican spice blend to season the meat. And, I sub the hemp seeds and water in the dressing with 1/2 cup <a href="#">coconut milk yogurt</a> instead.)</i></p>	<p><a href="#">Grilled Herb Seasoned Turkey</a> with <a href="#">Veggie Confetti Cauli-Rice</a> Mesclun Salad with Sliced Plums, Walnuts &amp; <a href="#">Balsamic Dressing</a></p>	<p><a href="#">Grilled Shrimp &amp; Veggie Kebabs</a> with leftover <a href="#">Veggie Confetti Cauli-Rice</a> and Sliced Avocado with Lime Wedges</p>	<p><a href="#">Veggie Stir Fry</a> with Leftover Grilled Turkey</p>	<p><a href="#">Broccoli, Mushroom &amp; Sundried Tomato Scramble</a> with <a href="#">Simple Hash Browns</a> and Sliced Melon  <i>(Double scramble to serve 4. I add 1/2 cup diced bacon or sausage)</i></p>	<p><a href="#">Slow Cooker Garlic Lover's Chicken</a>  Mashed White Sweet Potatoes with Ghee  Spinach Salad with Apple, Walnuts &amp; <a href="#">Raspberry Vinaigrette</a></p>	<p><a href="#">Shepherd's Pie</a> with White Sweet Potato Topping  Mesclun Salad with Tomato, Cucumber &amp; Avocado  <a href="#">Balsamic Dressing</a></p>
<p>Brown the ground beef for Sat's dinner too and place in freezer</p>	<p>Monday: Make a double batch of cauli-rice and save half for Tues' dinner. Grill a double batch of turkey and save half for Wed's dinner</p>				<p>Make double batch of mashed sweet potatoes and save half for Sat's dinner</p>	

## Delicious Whole30 Breakfast and Lunch Ideas

### Whole30 Breakfast Ideas:

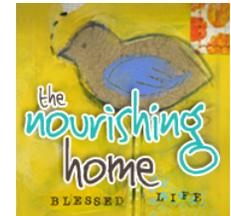
- [Easy Veggie Mini-Quiches](#) top with avocado slices
- [Turkey Sausage Patties](#) with eggs over easy and sliced fruit
- [Bacon Crusted Frittata](#) with fresh fruit slices
- [Taco Breakfast Casserole](#) with sliced fruit (use leftovers)

### Whole30 Lunch Ideas:

- Remember, leftovers make a quick & easy lunch!
- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [Chicken Salad Lettuce Wraps](#) with sliced fruit
- [Waldorf Salad](#) (replace buttermilk with coconut milk)

# The nourishing home week two whole30 meal plan

The following **Whole Food GF Meal Plan, Shopping List** and **Prep Day Tasks** feature healthy gluten-free foods that typically feed a family of four. For those not living GF, no worries! I'm a GF girl living in household of grain lovers. So let me assure you, this real food menu can easily be adjusted to meet your family's needs by simply adding or replacing side dishes. Enjoy!



## Week two Whole30 Shopping List (dinner only)

You will notice (numbers) next to each ingredient. **These (numbers) let you know which dinners on the meal plan require these ingredients**, that way you can easily customize this list depending on which dinners you plan to make from the meal plan. 1=Sunday, 2=Monday, 3=Tuesday, etc..

### Meat, Poultry & Fish

- \_\_\_ Ground beef, 2.25 lbs (#1, #7)
- \_\_\_ Boneless, skinless turkey breasts, 2.25 lbs (#2)
- \_\_\_ Raw jumbo shrimp, about 20 (#3)
- \_\_\_ Bone-in chicken thighs, 3 lbs (#6)
- \_\_\_ Nitrate-free, sugar-free bacon, 1 lb. (#5)
- \_\_\_ Chicken stock, 1 cup (#2, #3)

### Fresh Produce & Cold Case

- \_\_\_ Apple, 1 (#6)
- \_\_\_ Avocados, 3 (#1, #3, #7)
- \_\_\_ Baby spinach, 1 bag (#6)
- \_\_\_ Bok choy, 2 small (#4)
- \_\_\_ Broccoli, 2 heads (#4, #5)
- \_\_\_ Cauliflower, 2 heads (#2, #3)
- \_\_\_ Carrots, 8 (#2, #3, #4, #7)
- \_\_\_ Cherry tomatoes, 16oz (#1, #7)
- \_\_\_ Cilantro, 1 small bunch (#1)
- \_\_\_ Cremini mushrooms, 16oz (#3, #4, #5)
- \_\_\_ Cucumber, 1 (#7)
- \_\_\_ Eggs, 1 dozen (#5)
- \_\_\_ Fresh sage, or dried (#2)
- \_\_\_ Fresh thyme, or dried (#2)
- \_\_\_ Frozen peas (#7)
- \_\_\_ Garlic, 3 heads (#3, #4, #6, #7)

- \_\_\_ Green onions, 1 bunch (#1, #4)
- \_\_\_ Limes, 4 (#1, #3)
- \_\_\_ Medjool dates, optional, 2 (#1)
- \_\_\_ Melon of your choice, 1 (#5)
- \_\_\_ Mesclun salad greens, 2 bags (#2, #7)
- \_\_\_ Plums, 2 (#2)
- \_\_\_ Raspberries, 1/2 cup (for salad dressing)
- \_\_\_ Red bell peppers, 5 (#1, #2, #3, #4, #5)
- \_\_\_ Red onion, 1 (#3)
- \_\_\_ Romaine, 2 heads (#1)
- \_\_\_ Russet potatoes, 3 (#5)
- \_\_\_ Snap peas (#4)
- \_\_\_ Sweet onion, 1 (#6)
- \_\_\_ White sweet potatoes (or regular potatoes), 10 large (#6, #7)
- \_\_\_ Yellow bell peppers, 3 (#1, #3)
- \_\_\_ Yellow onion, 3 (#2, #3, #5, #7)
- \_\_\_ Zucchini, 8 (#2, #3, #4)

### Pantry Items

- \_\_\_ Apple cider vinegar (for salad dressing)
- \_\_\_ Balsamic vinegar (for salad dressing)
- \_\_\_ Black olives, sliced (#1)
- \_\_\_ Coconut aminos (#4)
- \_\_\_ Diced tomatoes, 15oz (#7)
- \_\_\_ Dijon mustard (for salad dressing)

- \_\_\_ Ghee, coconut oil, olive oil
- \_\_\_ Ketchup (sugar-free [homemade](#)) #7
- \_\_\_ Sun-dried tomatoes (#5)
- \_\_\_ Walnuts (optional, for salads)

### Dry Herbs & Spices

- \_\_\_ Basil (#3, #6, #7)
- \_\_\_ Cayenne pepper (#3)
- \_\_\_ Chipotle or chili powder (#1)
- \_\_\_ Garlic powder (#1, #2, #3)
- \_\_\_ Ginger (#4)
- \_\_\_ Mexican seasoning blend (#1)
- \_\_\_ Oregano (#3, #7)
- \_\_\_ Paprika (#3)
- \_\_\_ Parsley (#2, #3)
- \_\_\_ Thyme (#3, #6, #7)

Remember to add easy breakfast and lunch ingredients to your shopping list as well as lots of fresh produce. Download Whole30's free "[How to Plan Healthy Meals](#)" pdf for helpful tips & ideas.

# The nourishing home week two prep ahead tips

As you can see from my meal plans, I schedule daily prep-ahead tasks that keep me organized in getting homecooked meals on the table. But I also schedule a 1-2 hour block of time each weekend for simple prep-ahead tasks that make putting meals together a snap during busy weekdays.

## Why schedule a Prep Day? Investing Time Now = Less Time Later!

Scheduling a meal plan prep-session, whenever possible, allows you to get prepared for the week ahead. By prepping ahead, you'll save time and you'll be less stressed in getting healthy, homemade meals on the table during busy weeknights. Want to see a step-by-step prep session, [click here](#).

## A few easy ideas on the types of tasks you can accomplish in a 1-2 hour Prep Session:

- Make marinades and salad dressings
- Cut meats, poultry and seafood (*if appropriate, you can also place them into marinades*)
- Pre-brown ground beef and meats for stews
- Pre-chop fruits and veggies that hold-up well, such as carrots, and onions (*just be sure to store chopped onion in a separate airtight container – whew!*)

## Now, let's get down to business!

### Here are some specific ideas on what you can do to prep ahead for this week's Whole30 meal plan ...

- **Grate the Cauliflower** for use in making cauli-rice. Store in an airtight container in the fridge for up to 4 days.
- **Spiralize** zucchini for use in the Veggie Stir Fry recipe.
- **Brown Ground Beef** for the Taco Salad and Shepherd's Pie.
- **Place Turkey Breasts** in herb marinade and refrigerate up to 3 days.
- **Pre-cut the veggies** for the Veggie Confetti Cauli-Rice, Veggie Stir Fry and Shrimp & Veggie Kebobs recipes. Store in an airtight container in the fridge for up to 5 days.
- **Make the Salad Dressings and Pre-chop Salad Fixings.** Chop lettuce and store in an airtight container with a paper towel to help keep the lettuce crisp. You can also pre-chop most salad fixings like cucumbers, peppers, carrot, radishes, etc. and store in airtight containers in fridge. Do not chop soft fruits ahead of time, as they tend to get mushy after a couple days in fridge.
- **Make Bone Broth.** If you plan to incorporate a daily cup of bone broth into your Whole30 for its gut health benefits, be sure to make it ahead of time, such as my [Slow Cooker Chicken Broth](#). Save the chicken meat to make quick and healthy meals, such as chicken salad or chicken soup.



# The nourishing home week two prep ahead tips continued

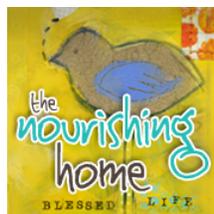
And ... consider what you'll be making for breakfast and lunch this week?

Remember, the shopping list provided in this meal plan only includes ingredients for the dinners featured. So **be sure to also add to the shopping list any items you need for preparing breakfast and lunch for the week**. That way you can get everything in one shopping trip! You can also prep ahead for these meals as well (if you have time left over after prepping for dinner). For example, boiled eggs can be peeled and stored in an airtight container in the fridge for up to 3-4 days.

**Some final words of wisdom ...**

- If this is your first time prepping ahead, **start SLOW**. Please! It always takes more time when you're learning the ropes, which is why I don't provide exact prep times for each step here as they truly vary by person. So don't overwhelm yourself by taking on the world. Just pick 1-2 tasks and get comfortable with those. Then pace yourself to keep adding more tasks as time permits.
- **Enlist some help!** If you've got wee ones, ask your hubby to help keep junior happy while you prep. The promise of delicious home-cooked meals should be all the incentive he needs. At the same time, consider how practical and rewarding it is to get your Kids in the Kitchen with you. You'll find [my tips and recommendations here](#) for making your kitchen time together productive and fun!
- And last but not least, **enjoy yourself!** It's a blessing to be able to provide healthy homecooked meals to your family and with a little time and practice, you'll be amazed at how much easier and enjoyable it will become.

Let's get together again soon! Of course, you're always welcome to pop over for a visit anytime at [The Nourishing Home](#).



Blessings,

Kelly