



the nourishing home

week three 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!

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 three whole30 meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<u>Balsamic Lime Grilled Skirt Steak</u> with Grilled Veggies and Mashed White Sweet Potatoes with Ghee	<u>Turkey Guacamole Burgers</u> with <u>Roasted Herb Sweet Potato Bites</u> <i>(use Bibb lettuce in place of buns)</i>	<u>Turkey-Veggie Meatloaf Muffins</u> with Leftover Mashed White Sweet Potatoes with Ghee	<u>Steak Fajitas</u> <i>(use Bibb lettuce in place of tortillas)</i> top with Diced Avocado and Pico de Gallo serve with leftover <u>Roasted Herb Sweet Potato Bites</u>	<u>Broiled Fish with Parsley Almond Pesto</u> and <u>Herb Seasoned Cauli-Rice</u>	<u>Grilled Pineapple Chicken with Pineapple Salsa</u> serve with leftover <u>Herb Seasoned Cauli-Rice</u> and a side of plantains fried in coconut oil	<u>Pizza Quiche</u> served with Mesclun Greens Salad with Avocado & Cucumber

Delicious Whole30 Breakfast and Lunch Ideas

Whole30 Breakfast Ideas:

- Veggie Egg Scramble top with avocado slices
- Proscuitto Wrapped Frittata Muffins with sliced fruit
- Turkey Sausage Patties with eggs over easy and sliced fruit
- Simple Hash Browns with Eggs Over Easy

Whole30 Lunch Ideas:

- Remember, leftovers make a quick & easy lunch!
- Carrot Ginger Soup with a side salad
- Avocado Egg Salad on a bed of mesclun greens
- Cucumber Tomato Salad on a bed of mesclun greens

the nourishing home week three 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 3 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

- ___ Boneless, skinless organic chicken breasts, 1 lb (#6)
- ___ Nitrate-free pepperoni, 3oz (#7)
- ___ White fish fillets of your choice (fresh or frozen), 1.5 lbs (#5)
- ___ Skirt steak, 1.25 lbs (#1) PLUS 1 lb (#4)
- ___ Ground turkey, dark meat is best, 1.25 lbs (#2) PLUS 1.25 lbs (#3)
- ___ Chicken stock, 1/2 cup (#5, #6)

Fresh Produce & Cold Case

- ___ Avocados, 6 (#2, #4, #7)
- ___ Bibb lettuce, 2 heads (#2, #4)
- ___ Carrots, 4 (#2, #3)
- ___ Cauliflower, 1 large head (#5, #6)
- ___ Cremini mushrooms, 8oz (#1, #7)
- ___ Cucumber, 1 (#7)
- ___ Eggs, 1 doz (#7)
- ___ Fresh cilantro, 1 bunch (#6)
- ___ Fresh parsley, 1 bunch (#5, #6)
- ___ Garlic, 2 heads (#3, #4, #5, #6)
- ___ Green onions, 1 bunch (#1, #2, #7)
- ___ Jalapeno, 1 small (#6)

- ___ Lemon, 1 (#5)
- ___ Limes, 8 (#1, #4, #6)
- ___ Mesclun salad greens, 1 bag (#7)
- ___ Pico de Gallo (or homemade)
- ___ Pineapple, 1.5 cups, diced (#6)
- ___ Plantain, 1 large (#6)
- ___ Plum tomatoes, 2 (#6)
- ___ Red onion, 2 (#1, #6)
- ___ Red bell peppers, 4 (#1, #3, #4)
- ___ Sweet potatoes, 4 large (#2, #4)
- ___ White sweet potatoes, or Yukon gold potatoes, 3 lbs (#1, #3)
- ___ Yellow onions, 3 (#3, #4, #5, #6)
- ___ Zucchini, 3 (#1, #2, #3)

Pantry Items

- ___ Blanched almond flour (#3)
- ___ Balsamic vinegar (#1)
- ___ Coconut milk, 1 can (#7)
- ___ Ghee, coconut oil, olive oil
- ___ Pizza sauce (sugar-free, or use tomato paste and olive oil combo)
- ___ Pineapple juice (#6)
- ___ Silvered almonds, 1 cup (#5)

Dry Herbs & Spices

- ___ Cayenne powder (#2, #4)
- ___ Garlic powder (#2, #4, #5, #6, #7)
- ___ Ginger (#1)
- ___ Italian herb seasoning (#3)
- ___ Onion powder (#4, #7)
- ___ Oregano (#2, #4, #7)
- ___ Paprika (#4, #5)
- ___ Parsley (#2, #4, #5, #6)
- ___ Red pepper flake (#1)
- ___ Rosemary (#2, #4, #6)
- ___ Thyme (#2, #4, #6)

Remember to add easy breakfast and lunch ingredients to your shopping list such as eggs and bacon, canned meats like tuna and salmon, and lots of fresh produce. Download Whole30's free "[How to Plan Healthy Meals](#)" pdf for helpful tips & ideas.

The nourishing home week three 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.
- Make the marinade for the Balsamic Lime Steak, Steak Fajitas and Pineapple Chicken. Store in individual airtight glass containers in fridge for up to 5-6 days.
- Make pico de gallo to serve with the Steak Fajitas and to use for making guacamole for the Turkey Burgers and for making the pineapple salsa for the Grilled Pineapple Chicken.
- Sauté the veggies for the Turkey Burgers and Veggie Meatloaf Muffins. Store in separate airtight containers in fridge.
- **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, carrots, 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 3 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