



the nourishing home week four 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!*

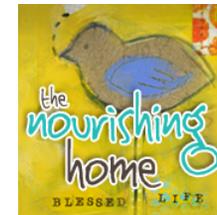
All [underlined text](#) in this document are hyperlinks that you can click on to get the recipes. Meal plan for average family of 4.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>One-Skillet Mediterranean Chicken Spinach Salad with Avocado, Cucumber and Tomatoes Avocado Green Goddess Dressing</p>	<p>Grilled Skirt Steak with Watercress Salad</p>	<p>Chicken & Broccoli Zoodle Pasta with Garden Salad</p>	<p>Slow Cooker Chicken Verde with Peppers <i>(serve with Bibb lettuce and diced avocado)</i> Veggie Confetti Cauli-Rice</p>	<p>Blackened Salmon with Mango Avocado Salsa with Leftover Veggie Confetti Cauli-Rice</p>	<p>Cobb Salad with Green Chicken <i>(use leftover Chicken Verde; replace blue cheese with olives; and add cooked beets, if desired)</i> Avocado Green Goddess Dressing</p>	<p>Beef Zoodle Pho Bowl <i>(double recipe to serve 4)</i> add fresh sprouts, basil, scallions, jalapeno and lime Spinach Salad with Almonds & Dried Cranberries</p>
<p>Marinate steak in fridge overnight for tomorrow's dinner</p>			<p>Wed: Add an extra lb. of chicken & extra half-cup of salsa to the crockpot so there's extra meat for Fri's dinner. Make a double batch of cauli-rice for tomorrow's dinner</p>			<p>I cook the beef in the broth on the stovetop before transferring to serving bowls</p>
Delicious Whole30 Breakfast and Lunch Ideas						
<p>Whole30 Breakfast Ideas:</p> <ul style="list-style-type: none"> • Toad in a Hole with avocado slices • Baked Stuffed Tomatoes over wilted greens • Turkey Sausage Patties with eggs over easy and sliced fruit • Smoky Sweet Potato Hash with sliced fruit 			<p>Whole30 Lunch Ideas:</p> <ul style="list-style-type: none"> • Taco Stuffed Avocados <i>(or use leftover Chicken Verde)</i> • Twisted Tuna Salad with sliced fruit • Avocado Egg Salad on a bed of mesclun greens • Turkey BLT Roll-Ups with raw veggies and ranch dip 			

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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 4 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 chicken breasts, 1 lb (#1)
PLUS 2 lbs (#3)
- ___ Boneless, skinless chicken thighs, 3 lbs (#4)
- ___ Skirt steak, 2 lbs (#2)
- ___ Eye or round steak, 1.5 lbs (#7)
- ___ Wild-caught salmon fillets, boneless and skin on, 2 lbs (#5)
- ___ Nitrate-free bacon, 1 lb (#6)
- ___ Beef broth, 4 cups (#7)
- ___ Chicken stock 1/2 cup (#4)

Fresh Produce & Cold Case

- ___ Avocados, 8 (#1, #4, #5, #6)
- ___ Baby spinach, 2 bags (#1, #7)
- ___ Bean sprouts, optional (#7)
- ___ Bibb lettuce, 1-2 heads (#4)
- ___ Broccoli, 3 large heads (#3)
- ___ Carrots, 1 (#4)
- ___ Cauliflower, 1 large (#4)
- ___ Cherry or grape tomatoes, two 16oz (#1, #3, #5, #6)
- ___ Cremini mushrooms, 8oz (#1, #4)
- ___ Cooked beets, optional (#6)
- ___ Cucumbers, 2 (#1, #3)
- ___ Eggs, 4 (#6)

- ___ Fresh basil, 1 bunch (#1, #7)
- ___ Fresh cilantro, 1 bunch (#2, #4)
- ___ Fresh flat-leaf parsley, 1 bunch (#2, #6)
- ___ Fresh thyme, or use dried (#2)
- ___ Garlic, 3 heads (#1, #2, #5, #7)
- ___ Ginger root, 1 small (#3, #7)
- ___ Jalapeño, 1 small (#7)
- ___ Limes, 3 (#4, #5, #7)
- ___ Mango, 1 large (#5)
- ___ Plum tomatoes, 3 (#1)
- ___ Red bell peppers, 2 (#4)
- ___ Red onion, 1 (#2, #5)
- ___ Romaine lettuce, 2 large heads (#3, #6)
- ___ Scallions, optional (#7)
- ___ Watercress, 3 bunches (#2)
- ___ Yellow onions, 2 (#1, #4)
- ___ Zucchini, 5 large (#4, #7)

Pantry Items

- ___ Apple cider vinegar (#6)
- ___ Artichoke hearts in water, 2 cans (#1, #2)
- ___ Balsamic vinegar (#1)
- ___ Coconut aminos (#3)
- ___ Dried cranberries (#7)
- ___ Kalamata olives (#1, #6)
- ___ Mayo (#6)

- ___ Red wine vinegar (#2)
- ___ Salsa Verde (#4, I use Trader Joe's)
- ___ Sliced almonds (#7)
- ___ Sun-dried tomatoes (#1)
- ___ Toasted sesame oil (#3)
- ___ Staples: Olive oil, ghee, coconut oil, sea salt, pepper

Dry Herbs & Spices

- ___ Cinnamon sticks, 2 (#7)
- ___ Cloves, whole (#7)
- ___ Cayenne pepper (#5)
- ___ Chili powder (#5)
- ___ Cumin (#4, #5)
- ___ Garlic powder (#3, #4)
- ___ Paprika (#4, #5)
- ___ Parsley (#1, #4)
- ___ Onion powder (#5)
- ___ Oregano (#1, #5)
- ___ Red pepper flakes (#2, #3)
- ___ Star anise pods, 4 (#7)
- ___ Thyme (#5)

The nourishing home week 4 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 Beef Pho Bowl recipe.
- **Grill 1 pound of boneless, skinless chicken breasts** for the One-Skillet Mediterranean Chicken recipe. (*Just brush with a little olive oil and salt & pepper before placing on the grill.*)
- **Make the Chimichurri Vinaigrette** for the Grilled Skirt Steak recipe. Store in airtight container in fridge for 2-3 days.
- **Pre-cut the broccoli** for the Chicken & Broccoli Zoodle Pasta recipe. Store in airtight container in fridge for 5-6 days.
- **Pre-cut the veggies** for the Veggie Confetti Caul-Rice recipe. Store in airtight container in fridge for 2-3 days.
- **Combine the seasoning mix** for the Grilled Blackened Salmon recipe. Store in small recycled spice jar or ziplock baggie.
- **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.



The nourishing home week 4 prep ahead tips continued

- Make [beef broth](#) for the Beef Pho Bowl recipe, if using homemade stock.

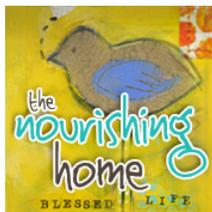
And ... consider what you'll be making for breakfast and lunch this week?

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