



the nourishing home week 5 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.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><u>Spicy Lime Chicken</u> with Mango Salsa served over <u>Herb Seasoned Cauli-Rice</u> Mesclun Salad with Avocado & Cucumber</p>	<p><u>Chicken-Bacon Potato Boats</u> Mesclun Salad <i>(I double the recipe to 4 large potatoes; use leftover Spicy Lime Chicken; you can bake the potatoes in the <u>crockpot</u>)</i></p>	<p><u>Tumeric Beef Fried Rice</u> <i>(use leftover cauli-rice in place of white rice)</i> Spinach Salad</p>	<p><u>Crispy Lemon-Herb Chicken</u> with <u>Garlic Mashed Potatoes</u> and Green Beans</p>	<p><u>Sweet Potato Chili</u> with Garden Salad</p>	<p><u>Mexican Eggs Benedict</u> served over baby greens salad</p>	<p><u>Steak Cobb Salad</u> <i>(replace cheese with olives)</i></p>
Save extra chicken for tomorrow and the extra cauli-rice for Tues' dinner						

Delicious Whole30 Breakfast and Lunch Ideas

Whole30 Breakfast Ideas:

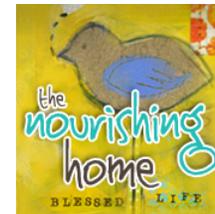
- [Pizza Egg Casserole](#) with fresh fruit slices
- [Easy Veggie Mini-Quiches](#) top with avocado slices
- [Steak & Yam Hash](#) (use leftover steak)
- [Taco Breakfast Casserole](#) with sliced fruit (use leftovers)

Whole30 Lunch Ideas:

- [Asparagus, Egg & Bacon Salad](#)
- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [Taco Salad in a Jar](#)
- [Chicken & Avocado Lettuce Wraps](#)

The nourishing home week 5 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

- ___ Bone-in chicken pieces (such as thighs and breasts), 3 lbs (#1)
- ___ Bone-in, skin-on chicken thighs, 2 lbs (#4)
- ___ Top round steak, 1.25 lbs (#3)
- ___ Rib-eye steak, 1.25 lbs (#7)
- ___ Ground turkey, 1.25 lbs, dark meat is best (#5)
- ___ Chicken stock, 1.5 cups, homemade is best (#1, #5)
- ___ Nitrate-free bacon, 2 lbs (#2, #6)
- ___ Eggs, 2 dozen (#6, #7)

Fresh Produce & Cold Case

- ___ Arugula or spinach, 2 cups (#2)
- ___ Asparagus, if using instead of green beans (#7)
- ___ Avocado, 3 (#1, #3, #6)
- ___ Baby spinach, 2 bags (#3, #6)
- ___ Broccoli, 2 cups of florets (#3)
- ___ Carrots, 3 (#3, #5)
- ___ Cauliflower, 1 large head (#1)
- ___ Cherry tomatoes, 3 pints (#2, #3, #5, #7)
- ___ Cremini mushrooms, 16 oz (#2)
- ___ Cucumber, 3 (#1, #2, #3, #5)
- ___ Dried chipotle chili, 1 (#6)

- ___ Fresh cilantro, 1 bunch (#1, #3, #6)
- ___ Fresh parsley, 1 bunch (#4)
- ___ Garlic, 2 heads (#2, #4, #5, #7)
- ___ Green beans, fresh or frozen (#4, #7)
- ___ Jalapeño pepper, 1 (I use it in place of Serrano chili) #1
- ___ Lemons, 2 (#4)
- ___ Limes, 4 (#1, #6)
- ___ Mango, 1 (#1)
- ___ Mesclun salad greens, 3 bags (#1, #2, #6)
- ___ Plantain, 1, optional (#6)
- ___ Romaine lettuce, 2 head (#5, #7)
- ___ Red bell pepper, 2 (#1, #5)
- ___ Red onion, 1 (#1)
- ___ Scallions (green onions), 1 bunch (#3, #4)
- ___ Sweet potatoes, 3 med and 4 large (#2, #5)
- ___ Yellow onions, 4 (#1, #2, #3, #5)
- ___ Yukon gold potatoes, 2 lbs (#4)
- ___ Zucchini, 2 (#5)

Pantry Items

- ___ Balsamic vinegar (#2, #7)
- ___ Coconut aminos (#3)
- ___ Diced tomatoes, 28-oz (#5)
- ___ Dijon mustard (#7)
- ___ Kalamata olives, or black olives (#7)

- ___ Tomato sauce, 28-oz (#5)
- ___ Sriracha (or hot sauce of choice, #3)
- ___ Staples: Avocado oil, olive oil, ghee, coconut oil
- ___ Walnuts or pecans (#7)

Dry Herbs & Spices

- ___ All-purpose herb seasoning (#5)
- ___ Basil (#7)
- ___ Bay leaf (#5)
- ___ Chili powder (#5)
- ___ Cumin (#1)
- ___ Coriander (or use additl cumin) #1
- ___ Garlic powder (#1)
- ___ Parsley (#1)
- ___ Red pepper flakes (#1, #3, #4)
- ___ Thyme (#2)
- ___ Turmeric (#3)

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 5 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.
- **Brown ground turkey** for the Sweet Potato Chili recipe.
- **Make the Mango Salsa** for the Spicy Lime Chicken recipe and refrigerate up to 3 days.
- **Make the marinade** for the Crispy Lemon Chicken recipe and refrigerate up to 4-5 days.
- **Pre-cut the veggies** for the Tumeric Beef recipe. 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.

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



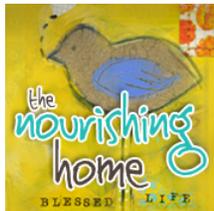
the nourishing home week 5 prep ahead tips continued

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