

the nourishing home

weeks 1-2 whole30 meal plan

Join me for the



January 2016

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 very 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!

Kelly

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 weeks 1-2 whole30 meal plan kit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots Spinach Salad with Apples Italian Dressing</p>	<p>Creamy Butternut Squash Soup <i>(use butternut squash puree instead of pumpkin puree)</i> Turkey or Ham & Avocado Roll-Ups</p>	<p>Slow Cooker Garlic Thyme Chicken Mashed Sweet Potatoes Green Beans</p>	<p>Beef Fajitas served over Cilantro Cauli-Rice <i>(see recipe note for cilantro cauli-rice)</i> topped with Guacamole</p>	<p>Baked Fish Provencal <i>(double recipe to serve 4 and see tip below)</i> served with leftover Cilantro Cauli-Rice</p>	<p>Stuffed Sweet Potatoes <i>(use leftover roast chicken instead)</i> with BLT Salad with cucumbers, tomato and avocado Healthy Ranch Dressing</p>	<p>Chicken Zoodle Soup with Mushrooms Mesclun Greens with Apples & Walnuts Italian Dressing</p>
Save leftover roast chicken for Fri and Sat dinners			Make extra-cauli-rice; save extra beef for lunch fajita bowls	Cut parchment and line foil to avoid cooking fish directly in foil, if desired.		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>Chicken Verde Lettuce Wraps with Cilantro Seasoned Cauli-Rice <i>(see recipe note for cilantro cauli-rice)</i></p>	<p>Grilled Herb Turkey Breasts Mashed Potatoes Green Beans</p>	<p>Grilled Shrimp Skewers with Cilantro Seasoned Cauli-Rice <i>(see recipe note for cilantro cauli-rice)</i></p>	<p>Turkey Tetrazzini with Zucchini Noodles <i>(use leftover turkey instead of chicken; replace peas with green beans)</i> Garden Salad</p>	<p>Chicken "Tortilla" Soup <i>(use leftover Chicken Verde in place of baked chicken breasts)</i> top with Sliced Avocado Garden Salad</p>	<p>Turkey-Veggie Meatloaf, leftover Mashed Potatoes and Lemon Garlic Green Beans</p>	<p>Leftover Chicken "Tortilla" Soup top with Sliced Avocado Slow Cooker Baked Sweet Potatoes w/Ghee</p>
Double recipe; reserve 3-4 cups of the chicken for Thurs' dinner	Double turkey & save half for Wed; make extra potatoes for Fri			Save half of the soup for Sat's dinner		

Delicious Whole30-Friendly Breakfast and Lunch Ideas

Whole30 Breakfast Ideas:

- [Smoky Sweet Potato Hash](#) with sliced fruit
- [Veggie Egg Scramble](#) with bacon
- [Simple Hash Browns](#) with fried eggs
- [Mexican Eggs Benedict](#) with sliced fruit

Whole30 Lunch Ideas:

- [Turkey BLT Roll-Ups](#) with sliced fruit
- [Shrimp Salad](#) *(use leftover grilled shrimp instead)*
- [Taco Salad in a Jar](#) *(use leftover chicken verde instead)*
- [Tuna Cakes](#) with raw veggies and [ranch dip](#)

The nourishing home weeks 1-2 whole30 meal plan kit

Thanks for joining us for The Whole30 Program! The following is a shopping list for each week's menu. Please note: The numbers next to each ingredient let you know which dinners on the meal plan require these ingredients that way you can easily customize your shopping list based on the meals you plan to make. (1=Sunday, 2=Monday, 3=Tuesday, 4=Wednesday, etc.) Enjoy! Wishing you a delicious Whole30 journey! Blessings, Kelly

Shopping List for Whole30 Week 1

Meat, Poultry & Fish

- ___ Beef sirloin steak, 1.25 lbs (#4)
- ___ Bone-in chicken thighs, 3 lbs (#3)
- ___ Chicken stock, 8 cups (#2, 4, 7)
- ___ Nitrate-free bacon, 1.5 lbs (#2, 6)
- ___ White fish fillets, 2 lbs (#5)
- ___ Whole organic chicken, 6 lbs (#1)
- ___ Deli turkey or ham (for rollups, 2)

Fresh Produce & Cold Case

- ___ Apples, 2 (#1, 7)
- ___ Avocado, 6 (#2, 4, 6)
- ___ Baby potatoes, 2 lbs (#1)
- ___ Baby spinach, 2 bags (#1, 2, 5, 6)
- ___ Broccoli, 1 head (#6)
- ___ Brussels sprouts, optional (#6)
- ___ Carrots, 4 (#1, 7)
- ___ Cauliflower, 2 medium (#4, 5)
- ___ Celery, 2 stalks (#7)
- ___ Cherry tomatoes, 12oz (#5, 6)
- ___ Cucumber, 1 (#6)
- ___ Fresh sage, 1 small bunch (#2)

- ___ Fresh thyme, 1 small bunch (#1)
- ___ Fresh cilantro, 1 small bunch (#4)
- ___ Garlic, 3 heads (#1, 3)
- ___ Green beans, fresh or frozen (#3)
- ___ Leek, 1 (#7)
- ___ Lemon, 1 and ___ Limes, 2
- ___ Mesclun greens, 2 bags (#6, 7)
- ___ Pico de gallo (or homemade) #4
- ___ Plum tomato, 1 (#2)
- ___ Red bell pepper, 1 (#4)
- ___ Red onions, 2 (#4, 5)
- ___ Sweet onions, 2 (#2, 3)
- ___ Sweet Potatoes, 3 lbs (#3, 6)
- ___ Yellow bell pepper, 1 (#4)
- ___ Yellow onion, 1 (#4)
- ___ Walnuts (for salad #7)
- ___ Zucchini, 4 (#7)

Pantry Items

- ___ Butternut squash or pumpkin puree, two 15oz. cans (#2)

- ___ Coconut milk, 2 cans (#2)
- ___ Olive oil, ghee, coconut oil

Dry Herbs & Spices

- ___ Bay leaf (#7)
- ___ Cayenne pepper (#4)
- ___ Garlic powder (#4)
- ___ Ground ginger (#2)
- ___ Onion powder (#1, 4)
- ___ Oregano (#4)
- ___ Parsley (#4)
- ___ Paprika (#1, 3, 4)
- ___ Rosemary (#1)
- ___ Thyme (#1, 2, 3, 4, 7)

If making dressings, you'll also need:
Italian salad dressing: balsamic vinegar, dijon mustard, dried basil
Ranch dressing: almond or coconut milk, mayo, dill weed, red pepper flakes

Shopping List for Whole30 Week 2

Meat, Poultry & Fish

- ___ Boneless, skinless turkey breasts, 1.5 lbs (#2)
- ___ Boneless, skinless chicken thighs, 4 lbs (#1, 5)
- ___ Raw jumbo shrimp, 1.5 lbs (#3)
- ___ Chicken stock, 5.5 cups (#1, 4, 5)
- ___ Ground turkey, dark, 1.25 lbs (#6)

Fresh Produce & Cold Case

- ___ Avocados, 4 (#1, 5, 6)
- ___ Bibb lettuce, 1 large head (#1)
- ___ Carrots, 2 (#6)
- ___ Cauliflower, 2 medium heads (#1)
- ___ Cremini mushrooms, 10oz (#4)
- ___ Cucumbers, 2 (#4, 5)
- ___ Cherry tomatoes, 8 oz (#4, 5)
- ___ Eggs, 1 (#6)
- ___ Fresh cilantro, 1 bunch (#1, 5)
- ___ Fresh parsley, 1 small bunch (#4)
- ___ Fresh sage, 1 small bunch (#2)

- ___ Fresh thyme, 1 small bunch (#2)
- ___ Green beans, 3 lbs (#2, 4, 6)
- ___ Garlic, 2 heads (#4, 5, 6)
- ___ Jalapeno, 1 (#5)
- ___ Lemon, 1 and ___ Limes, 3
- ___ Poblano pepper, 1 (#5)
- ___ Red bell peppers, 4 (#1, 3, 5)
- ___ Romaine lettuce, 2 head (#4, 5)
- ___ Red onions, 2 (#3, 4)
- ___ Russet potatoes, 3 lbs (#2, 6)
- ___ Sweet potatoes, 4 (#7)
- ___ Yellow onions, 4 (#1, 5, 6)
- ___ Zucchini, 6 large (#3, 4, 6)

Pantry Items

- ___ Almond flour (#4, 6)
- ___ Coconut flour (#4)
- ___ Fire roasted tomatoes, 14oz (#5)
- ___ Green chiles, 4oz can (#5)
- ___ Ketchup (#6)
- ___ Salsa Verde, 2 cups (#1)

Dry Herbs & Spices

- ___ Basil (#4 & salad dressing)
- ___ Cayenne pepper (#3)
- ___ Chili powder (#5)
- ___ Cumin (#1, 5)
- ___ Garlic powder (#1, 2, 3, 4, 5)
- ___ Italian herb seasoning (#6)
- ___ Onion powder (#3, 6)
- ___ Oregano (#3, 4)
- ___ Paprika (#1)
- ___ Parsley (#1, 4, 6)
- ___ Red pepper flakes (#4 & salad dressing)
- ___ Thyme (#3, 4)

If making dressings, you'll also need:
Italian salad dressing: balsamic vinegar, dijon mustard
Ranch dressing: almond or coconut milk, mayo, dill weed

The nourishing home prep ahead recommendations

Why schedule a Prep Session? 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's what you can do to prep ahead for your Whole30 journey ...

Whole30 Week 1 Prep:

- **Grate the cauliflower** for cauli-rice. Store in an airtight container in the fridge for up to 4 days.
- **Spiralize Zoodles** for use in the Chicken Zoodle Soup recipe. Store in airtight container with paper towel.
- **Make bacon in oven** and store in fridge for use in the Butternut Squash Soup and BLT salad.
- **Cut veggies** for the Beef Fajitas recipe. Store in separate airtight containers in the fridge.
- **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.

Whole30 Week 2 Prep:

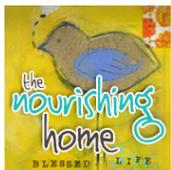
- **Grate the cauliflower** for cauli-rice. Store in an airtight container in the fridge for up to 4 days.
- **Spiralize Zoodles** for use in the Turkey Tetrizzini recipe. Store in airtight container with paper towel.
- **Marinate turkey breasts**. Store in an airtight container in the fridge for up to 3 days.
- **Cut veggies** for the Shrimp Skewers. Store in separate airtight containers in the fridge.
- **Fine dice and cook veggies** for the Turkey-Veggie Meatloaf. Store in an airtight container in the fridge.
- **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.

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 homecooked 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! You're always welcome to pop over for a visit anytime at [The Nourishing Home](#).

Blessings,



Kelly