



Join me for the



January 2016

the nourishing home weeks 3-4 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 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 3-4 whole30 meal plan kit

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|---|--|
|  <p>Pan Seared Balsamic Chicken with Pesto Zoodles Garden Salad</p> |  <p>Slow Cooker Sweet Potato Chili with Sliced Avocados Mixed Greens Salad</p> |  <p>Veggie Stir Fry with Leftover Balsamic Chicken</p> |  <p>Southwestern Chicken Burgers with lettuce, tomato, red onion and avocado slices Roasted Herb Sweet Potato Bites</p> |  <p>Veggie Quiche with Hash Brown Crust Mixed Greens Salad Sliced Fruit</p> |  <p>Grilled Salmon with Avocado Salsa Mixed Greens Salad</p> |  <p>Leftover Slow Cooker Sweet Potato Chili with Sliced Avocados Garden Salad</p> |
| Grill extra chicken and save for Tues' dinner | Save extra chili for Sat's dinner | | Save leftover roasted sweet potatoes for breakfast | Save leftover quiche for breakfast | | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  <p>Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots <i>(add Green Beans last 45 minutes of cooktime)</i></p> |  <p>Zoodle Sloppy Joes Garden Salad</p> |  <p>Meatloaf Muffins, Mashed Potatoes and Green Beans</p> |  <p>Creamy Chicken & Veggies Soup Garden Salad</p> |  <p>Slow Cooker Beef Stew with Mixed Greens Salad</p> |  <p>Shepherd's Pie with Mixed Greens Salad</p> |  <p>Leftover Creamy Chicken & Veggies Soup Garden Salad</p> |
| Save leftover chicken for Wed; make bone broth | | Make double batch of mashed potatoes and save half for Fri | Save extra soup for Sat's dinner | | | |

Delicious Gluten-Free, Grain-Free Breakfast and Lunch Ideas

GF Breakfast Ideas:

- [2-Minute Stuffed Omelette](#) with sliced fruit
- [Proscuitto Wrapped Frittata Muffins](#) with sliced fruit
- [Turkey Sausage Patties](#) with eggs and sliced fruit
- [Baked Egg Avocado Cups](#) with bacon

GF Lunch Ideas:

- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Apple-Apricot Chicken Salad](#) with fresh veggies
- [Cucumber Tomato Salad](#) on a bed of mesclun greens
- [Carrot Ginger Soup](#) with a side salad

The nourishing home weeks 3-4 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 3

Meat, Poultry & Fish

- ___ Chicken stock, 1 cup (#2)
- ___ Boneless, skinless chicken breasts, 2 lbs (#1, 3)
- ___ Ground beef, 1.25 lbs (#2, 7)
- ___ Ground chicken, 1 lb (#4)
- ___ Whole30 compliant bacon (#5)
- ___ Wild caught salmon, 2 lbs (#6)

Fresh Produce & Cold Case

- ___ Almond milk (or coconut milk) #5
- ___ Eggs, 1 dozen (#5)
- ___ Avocados, 5 (#1, 2, 4, 6, 7)
- ___ Bok choy, 2 (#3)
- ___ Broccoli florets, 2 cups (#3)
- ___ Carrots, 4, 1 (#2, 3)
- ___ Cherry tomatoes (for salads)
- ___ Cremini mushrooms (#3, 4, 5)
- ___ Cucumber (for salads)
- ___ Fresh basil, 1 small bunch (#1)
- ___ Fresh cilantro, 1 bunch (#4, 6)
- ___ Fruit of your choice (#5)
- ___ Garlic, 1 head (#1, 2, 3)
- ___ Green onions, 1 bunch (#3)

- ___ Limes, 2 (#6)
- ___ Mixed greens (for salads)
- ___ Plum tomato, 2 (#4)
- ___ Red onion, 1 (#4, 6)
- ___ Red bell pepper, 2 (#3, 4, 5)
- ___ Romaine or Bibb lettuce (for salads and burger wraps)
- ___ Snap peas, 6oz (#3)
- ___ Sweet potatoes, 3 (#2)
- ___ Swiss chard, 1 bunch (#5)
- ___ Yellow bell pepper, 1 (#2)
- ___ Yellow onions, 2 (#2, 4, 5)
- ___ Yukon gold potatoes, 3 large (#5)
- ___ Zucchini, 10-12 for zoodles (+2 for #2)

Pantry Items

- ___ Balsamic vinegar (#1)
- ___ Coconut aminos (#3)
- ___ Diced tomatoes, 28oz (#2)
- ___ Tomato sauce, 28oz (#2)
- ___ Other pantry staples: Olive oil, ghee, coconut oil, sea salt
- ___ Walnuts (#1)

Dry Herbs & Spices

- ___ All purpose seasoning (#2)
- ___ Basil (#5)
- ___ Bay leaf (#2)
- ___ Cayenne pepper (#5)
- ___ Chili powder (#2, 4, 6)
- ___ Cumin (#6)
- ___ Garlic powder (#1, 4, 5)
- ___ Ground ginger (#3)
- ___ Italian seasoning (#1)
- ___ Onion powder (#1, 6)
- ___ Paprika (#6)
- ___ Parsley (#5)
- ___ Rosemary (#5)
- ___ Thyme (#5)

If making dressings, you'll also need:
Italian salad dressing: dijon mustard
Ranch dressing: mayo, dill weed, red pepper flakes

Shopping List for Whole30 Week 4

Meat, Poultry & Fish

- ___ Whole chicken, 5-6 lbs (#1)
- ___ Ground beef, 2 lbs (#2, 6)
- ___ Ground turkey, preferably dark meat, 1.5 lbs (#3)
- ___ Beef chuck, 1.5 lbs cubed (#5)
- ___ Chicken stock, 6 cups (#4, 7)
- ___ Beef stock, 1.5 cups (#5)

Fresh Produce & Cold Case

- ___ Almond milk (#4, 7)
- ___ Baby red potatoes, 5 lbs (#1, 4, 7)
- ___ Carrots, 12 (#1, 3, 4, 5, 7)
- ___ Celery, 1 bunch (#4, 7)
- ___ Cherry tomatoes (for salads)
- ___ Cremini mushrooms (#4, 7)
- ___ Cucumber (for salads)
- ___ Fresh thyme, 1 bunch (#1)
- ___ Garlic, 2 heads (#1, 3, 4, 7)
- ___ Green beans, 3-4 lbs (#1, 3, 5, 6)

- ___ Leeks, 2 (#4, 7)
- ___ Mixed greens (for salads)
- ___ Red bell pepper, 2 (#2, 3)
- ___ Romaine or Bibb lettuce (for salads)
- ___ Russet potatoes, 5 lbs (#3, 6)
- ___ Yellow onions, 4 (#2, 3, 4, 7)
- ___ Zucchini, 1 (#3)

Pantry Items

- ___ Arrowroot powder (optional)
- ___ Balsamic vinegar (#5)
- ___ Blanched almond flour (#3)
- ___ Coconut aminos (#2)
- ___ Diced tomatoes, 14 oz (#6)
- ___ Tomato paste, 2 cans (#2, 3, 5)
- ___ Whole30 Ketchup (#2, 3, 6)
- ___ Other pantry staples: Olive oil, ghee, coconut oil, sea salt

Dry Herbs & Spices

- ___ Bay leaf (#4, 5, 7)
- ___ Garlic powder (#2, 3)
- ___ Italian herb seasoning (#3)
- ___ Onion powder (#1, 3, 4, 7)
- ___ Paprika (#1)
- ___ Parsley (#3)
- ___ Rosemary (#1, 4, 5, 7)
- ___ Thyme (#1, 4, 6, 7)

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

The nourishing home prep ahead recommendations

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's what you can do to prep ahead for your Whole30 journey ...

Whole30 Week 3 Prep:

- [Spiralize Zoodles](#) for use in the Balsamic Chicken and Veggie Stirfry. Store in airtight container with paper towel.
- **Make the Pesto** for use in the Balsamic Chicken dish. Store in airtight container in the fridge.
- **Marinate Balsamic Chicken.** Refrigerate overnight in airtight container or freezer and thaw later.
- **Make the Chicken Burger Patties** (do not cook) and freeze. Thaw overnight in fridge when ready to cook.
- **Brown the meat for Sweet Potato Chili** and store in airtight container in fridge (up to 4 days) or freezer.
- **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.

Whole30 Week 4 Prep:

- [Spiralize Zoodles](#) for use in the Sloppy Joes dish. Store in airtight container with paper towel.
- **Saute veggies for Meatloaf Muffins.** Store in airtight container in the fridge.
- **Precook the meat and veggies** for the Sloppy Joes and Shepherd's Pie dishes. Store separately 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, 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.

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