



Congratulations!

you did it! week 5 has arrived!

Hi, Whole30 Friends! It's that time we've all been dreaming about ... Week 5 is finally here!

It's been such a joy to take this 30-day healthy living challenge with YOU! And now as we near it's completion, I want to encourage you to take the time to think through what you've accomplished and how you want to move forward in your healthy living journey? To help, I've written "[Life After Whole30: How to Evaluate Your Progress and Reintroduce Foods](#)." This helpful post outlines successful strategies for reintroducing restricted foods, as well as discusses how to continue making progress in your healthy living journey.

A great way to keep making forward progress is to remember you don't have to walk this journey alone! I invite you to [subscribe The Nourishing Home weekly newsletter](#). As a subscriber-friend, each week you'll receive my **free weekly GF whole food meal plan kits**, complete with shopping lists and prep-ahead recommendations. It's my mission to encourage and support you and your family in your healthy living journey each step of the way!

And remember, if you decide to continue on with a Whole45 or Whole60, you can always download five additional weeks of [Whole30 Meal Plans](#) at The Nourishing Home, and you'll also find lots of delicious [Whole30 Recipes](#) available on the blog.

It's been a joy to taking this Whole30 Challenge with you! Please know, I'd love to continue our healthy whole food journey together! If you feel the same, please [subscribe to The Nourishing Home](#) and I'll continue sending you weekly grain-free meal plans, as well as delicious new recipes that they whole family will enjoy whether they're living GF or not!

With blessings, *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.

The nourishing home week 5 whole30 meal plan

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>Turmeric 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>Chicken Tocino</u> <i>(omit the coconut sugar and replace with 1/2 cup crushed pineapple)</i> serve with leftover <u>Garlic Mashed Potatoes</u> 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		Cook a double batch of the beef and save half for Sat's dinner	Make extra mashed potatoes and save half for Thurs'dinner			

Delicious Whole30 Breakfast and Lunch Ideas

Whole30 Breakfast Ideas:

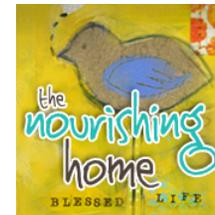
- [Pizza Egg Casserole](#) with fresh fruit slices
- [Easy Veggie Mini-Quiches](#) top with avocado slices
- [Steak & Yam Hash](#) (use leftover steak)
- [Taco Breakfast Casserole](#) with sliced fruit

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, 2.25 lbs (#3, #7)
- ___ Chicken stock, 1.5 cups, homemade is best (#1)
- ___ 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, #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, 1 (#1)
- ___ Red onion, 1 (#1)
- ___ Scallions (green onions), 1 bunch (#3, #4)
- ___ Sweet potatoes, 4 large (#2)
- ___ Yellow onions, 4 (#1, #2, #3)
- ___ Yukon gold potatoes, 3-4 lbs (#4, #5)

Pantry Items

- ___ Balsamic vinegar (#2, #7)
- ___ Coconut aminos (#3, #5)
- ___ Dijon mustard (#7)
- ___ Kalamata olives, or black olives (#7)
- ___ Ketchup (#5)
- ___ Pineapple, crushed, 1/2 cup (#5)
- ___ Pineapple juice, 1/2 cup (#5)

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

Dry Herbs & Spices

- ___ All-purpose herb seasoning (#5)
- ___ Basil (#7)
- ___ Cumin (#1)
- ___ Coriander (or use additl cumin) #1
- ___ Garlic powder (#1, #5)
- ___ 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

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, home-made meals on the table during busy weeknights. Want to see a step-by-step prep session, [click here](#).

Easy 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!*)



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 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.

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