

the nourishing home week 1 whole30 meal plan

Hi, **Whole30 Friends!** I'm so excited your joining me on this 30-day journey to improved health and wellness! Remember, it's very important to thoroughly **understand the Whole30 Program before you start**. So if you didn't do your homework, please refer to the "[Day Zero: Getting Ready for Whole30](#)" post for the list of what you need to know prior to starting the program.

In addition, be sure to download Whole30's "[How to Plan Healthy Meals](#)." This free pdf covers how to ensure you're getting the **right combination** of protein, veggies, fruits, fats, etc. This info 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 additional [Whole30 Meal Plans](#) and [Whole30 Recipes](#) available on the blog. In addition, I highly recommend following my [Whole30 Pinterest Board](#) for even more delicious Whole30 recipes and resources. Enjoy!

It's a joy to share my family's favorite Whole30 meals with you. Wishing you an awesome first week!
With blessings,

Kelly

Week 1 Whole30 Shopping List (*dinner only*)

You'll notice numbers next to each ingredient to **let you know which meals require these items** (1=Day 1, 2=Day 2, etc.). That way you can easily customize the shopping list based on which dinners you plan to make from the meal plan. You'll also notice **some ingredients are links to specific recipes or products I personally use**. If you opt to make a purchase using my affiliate links (here or on the website), I'll receive a small commission (the price you pay is not affected). This helps to support The Nourishing Home website and all of the free resources provided. Thank you so much for your support!

Meat, Poultry & Fish

- ___ [Boneless pork butt](#), 5 lbs (#1)
- ___ [Boneless beef chuck roast](#), 2 lbs #6
- ___ [Whole chicken](#), 6 lbs (#2)
- ___ [Boneless, skinless chicken thighs](#), 4-5 lbs (#3, 4)
- ___ [Chicken stock](#), 6.5 cups (#3, 7)

Fresh Produce

- ___ Apples, 3 (#1, 7)
- ___ Avocados, 4 (#3, 4, 7)
- ___ Baby potatoes, 4 lbs (#2, 7)
- ___ Baby spinach, 1 bag (#7)
- ___ Bibb lettuce, 2 heads (#3)
- ___ Cabbage(or pak of shred cabbage)
- ___ Carrots, 14 (#1, 2, 6, 7)
- ___ Cauliflower, 2 (for cauli-rice)
- ___ Celery, 3 stalks (#7)
- ___ Cherry tomatoes, 8oz (#4, 7)
- ___ Cremini mushrooms (#7)
- ___ Cucumber, 1 (for salad)
- ___ Fresh garlic, 2 heads (#2, 5, 6, 7)
- ___ Fresh ginger, 1 small piece (#5)
- ___ Fresh cilantro, 1 bunch (#3)
- ___ Fresh parsley, 1 bunch (#1, 3)

- ___ Fresh thyme, 1 bunch (#2)
- ___ Leeks, 2 (#7)
- ___ Mangos, 3 (#5)
- ___ Poblano pepper, 1 (#7)
- ___ Red bell peppers, 5 (#3, 4, 5)
- ___ Red onions, 3 (#1, 5, 7)
- ___ Romaine lettuce, 2 heads (#5)
- ___ Spaghetti squash, 2 (#4)
- ___ Sweet onion, 2 (#1, 6)
- ___ Sweet potatoes, 3 (#1), plus 1 per person (#5)
- ___ Swiss chard, 1 bunch (#6)
- ___ Yellow onions, 3 (#3, 4, 7)
- ___ Zucchini, 1 large per person (#6)

Pantry Items

- ___ Apple cider vinegar (#1, 5)
- ___ * [Balsamic vinegar](#) (#6)
- ___ Coconut milk (*or cream*) #1 (*for coleslaw*)
- ___ Fire-roasted diced tomatoes, 2 (14oz) cans (#6)
- ___ [Whole30-compliant mayo](#) (#1, 5)
- ___ Salsa verde, 2 (12oz) jars (#3)

- ___ Unsweetened, unfiltered apple juice (#1)
- ___ Healthy fats: [avocado oil](#), pure [EVOO](#), [grassfed ghee](#)

Dried Herbs & Spices

- ___ Bay leaf ___ Chili powder
- ___ Cumin ___ Garlic powder
- ___ Ground ginger ___ Paprika
- ___ Italian seasoning ___ Parsley
- ___ Onion powder ___ Poppy seeds
- ___ Red pepper flakes ___ Thyme
- ___ Rosemary ___ Smoked paprika

* Look for brands that say "no added sulfites;" naturally occurring sulfites are found in all fermented grape products.

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.

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All underlined text in this document are hyperlinks that you can click on to get the recipes. Each recipe generally serves 4.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
<u>Slow Cooker Apple Cider Pulled Pork</u> with <u>Apple-Carrot Coleslaw</u> and Mashed Sweet Potatoes	<u>Slow Cooker Rotisserie Chicken</u> with Baby Potatoes & Carrots and leftover Coleslaw	<u>Slow Cooker Chicken Verde</u> Lettuce Wraps with <u>Seasoned Cauli-Rice</u>	Leftover Chicken Verde served over <u>Spaghetti Squash Pasta</u> (Top with diced avocado, salsa verde, diced tomatoes)	<u>Aloha Mango Pulled Pork Salad-Rice Bowl</u> (add leftover cauli-rice) Baked Sweet Potato (top with ghee & cinnamon)	<u>Slow Cooker Italian Beef & Chard Ragu</u> with <u>Zoodles</u>	<u>Creamy Chicken & Veggies Soup</u> Spinach Salad (add diced apple, boiled eggs & diced avocado)
Save extra pulled pork for Day 5; make extra coleslaw for Day 2	Make bone broth; freeze 2.5 cups of leftover shredded chicken for Day 7	Make double batch of Chicken Verde and cauli-rice; save half for Days 4 & 5				

Whole30 Breakfast & Lunch Ideas

Whole30 Breakfast Ideas:

- [Turkey Sausage Patties](#) with boiled eggs
- [Veggie Egg Scramble](#) with turkey sausage patties
- [Baked Egg Avocado Cups](#) with fresh fruit

Whole30 Lunch Ideas:

- [Berry Chicken Salad](#) (use leftover roasted chicken)
- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Healthy Greens Wrap](#) with sliced fruit

Week 1 Prep Ahead Recommendations

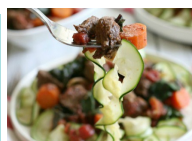
Why schedule a Prep Session? Investing Time Now = Less Time Later!

Just as important as meal planning, prepping ahead is a vital component in achieving a successful Whole30, since you'll be less stressed in getting healthy meals on the table during busy weeknights. General prep-ahead tasks:

- Make marinades and salad dressings
- Pre-brown ground beef and meats
- Cut meats, poultry and seafood
- Pre-chop veggies and fruits (that hold-up well once cut)



Prep Coleslaw ingredients & dressing, according to recipe instructions.



Spiralize Zucchini for Italian Beef recipe and wash & cut Swiss chard. Store in airtight containers with a paper towel.



Grate the cauliflower for cauli-rice side dish. Store in fridge for 4-5 days.



Bake spaghetti squash and remove strands. Store in airtight container for up to 5 days.

Pre-cut the veggies/fruit for

- Chicken Verde
 - Aloha Mango-Pork Bowls
 - Creamy Chicken Soup
- Store in individual containers in fridge up to a week.



Additional Week 1 Prep Tasks:

Make the Salad Dressings and Pre-chop Salad Fixings. Chop lettuce; store in airtight container with a paper towel to help keep the lettuce crisp. You can also pre-chop most salad fixings; store in airtight containers in the fridge.