# the nourishing home week 2 wholeso meal Plan

**Hi, Whole30 Friends!** It's Week 2 and it probably goes without saying ... but ... as a friendly reminder, it's important to thoroughly **understand the Whole30 Program for best results**. Please refer to the "<u>Day Zero: Getting Ready for Whole30</u>" post for a list of what you need to know to achieve a successful Whole30.

In addition, be sure to download Whole30's "<u>How to Plan Healthy Meals</u>." 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 week's 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 <a href="Whole30 Meal Plans">Whole30 Meal Plans</a> and <a href="Whole30 Recipes">Whole30 Recipes</a> available on the blog. In addition, I highly recommend following my <a href="Whole30 Pinterest Board">Whole30 Pinterest Board</a> 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 Week 2! With blessings,



## Week 2 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  Ribeye steaks, 1 (8oz) per person (#1), plus 1 (4-6oz) per person (#3)  Ground dark chicken, 1.25 lbs (#2)  Boneless, skinless chicken tenders, 2.5 lbs (#4, 5)  Whole30-compliant bacon (#4)  Wild caught salmon, 1 (6oz) fillet per person (or fish of your choice)  Boneless, skinless chicken thighs, 1.5 lbs (#7)  Chicken stock, 1 cup (#6)		Cumin (#6) Garlic powder (#2, 3) Ground ginger (#4) Onion powder (#6) Oregano (#1) Paprika Parsley (#2) Rosemary (#2) Thyme (#2)
Fresh Produce Eggs (#3, 4) Avocados, 6 (#3, 4, 5, 6) Cauliflower, 2 (#6, 7) Carrots, 2 (#6) Cherry tomatoes, 10oz (#3, 7)	Pantry Items  Balsamic vinegar (#4)  Ghee (#1, 6)  Red wine vinegar (#1)  Walnut pieces (#3, 4, 5)  Healthy fats: avocado oil,  pure EVOO, grassfed ghee	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.
Cremini mushrooms, 6oz (#2, 6) Fresh basil, 1 large bunch (#5, 7) Fresh cilantro, 1 bunch (#1, 2, 6) Fresh flat-leaf parsley (#1) Fresh garlic, 1 head (#1, 4, 5) Lemon, 1 (#5)	Dried Herbs & Spices Basil (#4) Cayenne pepper (#2) Chili powder (#2)	

# the nourishing home week z wholeso meal plan

All <u>underlined text</u> 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
Grilled Steak with Cilantro Lime "Butter" with Grilled Veggies and Baked Sweet Potato	Southwestern Chicken Burgers with lettuce, tomato, onion & avocado slices Roasted Sweet Potato Bites and fresh fruit	Steak Cobb Salad (Omit cheese called for in recipe. Also, save time by using left- over grilled steak & veggies from	Strawberry Cobb Salad with Balsamic Lime Vinaigrette	Pesto "Pasta" with Zoodles (save time and serve the pesto zoodles with leftover diced balsamic chicken from Day 4)	Grilled Salmon with Avocado Salsa with Veggie Confetti Cauli-Rice	Grilled Pesto Chicken Skewers (use leftover pesto from Day 5) with leftover Veggie Cauli-Rice
Grill extra steak & veggies for Day 3	Roast extra Sweet Potato Bites for Day 3	Day 1, and add leftover sweet potato bites from Day 2)	Grill extra chicken for Day 5	Save extra pesto for Day 7	Make extra Veggie Cauli- Rice for Day 7	

#### Whole30 Breakfast & Lunch Ideas

#### Whole30 Breakfast Ideas:

- Simple Hash Browns with Boiled Eggs
- Everything-But-The-Bagel Hashbrowns with eggs
- Perfect BLT Omelette with sliced fruit

#### Whole30 Lunch Ideas:

- Turkey BLT Roll-Ups with sliced fruit
- Apple-Apricot Chicken Salad with fresh veggies
- Asparagus, Egg & Bacon Salad

### Week 2 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
- Cut meats, poultry and seafood
- Pre-brown ground beef and meats
- Pre-chop veggies and fruits (that hold-up well once cut)



Make Chimichurri "Butter," scoop into small balls, freeze until ready to use.



Spiralize
Zucchini for
Pesto Zoodles

Make Pesto for the Zoodles & Skewers.



**Boil eggs** for the Strawberry Cobb & Steak Cobb Salads.

**Cook bacon** for the Strawberry Cobb Salad.

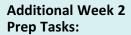


**Grate the cauliflower** for cauli-rice side dish. Store in fridge for 4-5 days.

#### Pre-cut the veggies for

- Grilling with the steak
- Southwestern Burgers
- Confetti Cauli-Rice

Store in individual containters in fridge up to a week.



Make the Balsamic Lime Salad Dressing for Strawberry Cobb and Steak Cobb Salads.

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.