

# the nourishing home week 5 whole30 meal plan

**Hi, Whole30 Friends!** Congratulations, victory is in sight! We're ready to cross the finish line in just a couple more days! Woot!

Thank you so much for joining me on this 30-day journey to improved our health and wellness! I'd love to continue our healthy living journey together by inviting you to [Subscribe to The Nourishing Home](#). If you opt to [join my community](#), you'll receive my **FREE weekly, grain-free, whole food meal plans and recipes** to help you continue making forward progress with your healthy living goals, *one delicious bite at a time!*

And just a reminder, if you're thinking about [extending your Whole30](#), I encourage you to check out my 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.

It's been a joy sharing my family's favorite Whole30 meals with you. I hope you will [continue on as a subscriber-friend](#) so we can continue our healthy journey together!

With blessings,



## Week 5 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

- \_\_\_ [Whole chicken](#), 5-6 lbs (#1, 4, 7)
- \_\_\_ [Ground beef](#), 2 lbs (#2, 6)
- \_\_\_ Ground turkey, preferably dark meat, 1.5 lbs (#3)
- \_\_\_ [Beef chuck](#), 1.5 lbs cubed (#5)
- \_\_\_ Beef stock, 1.5 cups (#5)
- \_\_\_ [Whole30-compliant bacon](#) (#7)

### Fresh Produce & Cold Case

- \_\_\_ Avocado, 2 (#7)
- \_\_\_ Baby potatoes, 1.5 lbs (#1)
- \_\_\_ Baby spinach, 1 bunch (#7)
- \_\_\_ Bean sprouts (#4)
- \_\_\_ Broccoli florets, 6 cups (#4, 7)
- \_\_\_ Carrots, 12 (#1, 3, 4, 5)
- \_\_\_ Cherry tomatoes (for salads)
- \_\_\_ Cremini mushrooms (#4)
- \_\_\_ Cucumber (for salads)
- \_\_\_ Fresh ginger, 1 piece (#4)
- \_\_\_ Fresh thyme, 1 bunch (#1)
- \_\_\_ Garlic, 2 heads (#1, 3, 4)
- \_\_\_ Green beans, fresh or frozen, 3 lbs (#1, 3, 6)
- \_\_\_ Green onions or scallions (#4, 7)

- \_\_\_ Mixed greens (for salads)
- \_\_\_ Red bell pepper, 3 (#2, 3, 4)
- \_\_\_ Romaine or Bibb lettuce (for salads)
- \_\_\_ Russet potatoes, 5 lbs (#3, 6)
- \_\_\_ Snow peas (or snap peas) #4
- \_\_\_ Sweet onion (#6)
- \_\_\_ Sweet potatoes, 1 per person (#7)
- \_\_\_ Yellow onions, 4 (#2, 3, 5)
- \_\_\_ Zucchini, 1 (#3), plus 2 per person (#2 and #4)

### Pantry Items

- \_\_\_ Arrowroot powder (optional)
- \_\_\_ [Balsamic vinegar](#) (#5)
- \_\_\_ Blanched almond flour (#3)
- \_\_\_ [Coconut aminos](#) (#2, 4)
- \_\_\_ Diced fire roasted tomatoes, 14 oz (#6)
- \_\_\_ [Toasted sesame oil](#) (#4)
- \_\_\_ Tomato paste, 2 cans (#2, 3, 5)
- \_\_\_ Whole30 Ketchup (or sub with extra tomato paste) #2, 3, 6
- \_\_\_ Healthy fats: [avocado oil](#), pure [EVOO](#), [grassfed ghee](#)

### Dry Herbs & Spices

- \_\_\_ Bay leaf (#5)
- \_\_\_ Garlic powder (#2, 3)
- \_\_\_ Italian herb seasoning (#3)
- \_\_\_ Onion powder (#1, 3)
- \_\_\_ Paprika (#1)
- \_\_\_ Parsley (#3)
- \_\_\_ Red pepper flakes (#4)
- \_\_\_ Rosemary (#1, 5)
- \_\_\_ Thyme (#1, 6)

If making dressings, you'll also need:







**Italian salad dressing:** dijon mustard, dried basil

**Ranch dressing:** mayo, dill weed, red pepper flakes

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
						
<a href="#">Slow Cooker Rotisserie Chicken</a> with Baby Potatoes & Carrots <i>(add Green Beans last 45 minutes of cook time)</i>	<a href="#">Zoodle Sloppy Joes</a> Spinach Salad with Apples <a href="#">Italian Dressing</a>	<a href="#">Meatloaf Muffins</a> Mashed Potatoes and Green Beans <i>(Note: Peas are <u>not</u> Whole30-compliant)</i>	<a href="#">Chicken &amp; Veggies Stir Fry with Zoodles</a> <i>(Recipe Note: Since we're using leftover roast chicken, add the chicken marinade to the pan with the veggies. Add the leftover chicken at the end of the cook time to rewarm.)</i>	<a href="#">Slow Cooker Beef Stew</a> with Mixed Greens Salad with <a href="#">Italian Dressing</a>	<a href="#">Savory Cottage Pie</a> with Mixed Greens Salad with <a href="#">Healthy Ranch Dressing</a>	<a href="#">Stuffed Sweet Potatoes</a> <i>(use leftover roast chicken instead)</i> with <a href="#">BLT Salad</a> with cucumbers, tomato and avocado <a href="#">Healthy Ranch Dressing</a>
Save leftover chicken for Days 4 & 7; make bone broth & freeze		Make double batch of mashed potatoes and save half for Day 6		Make double the salad and save half for Day 6		

## 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 5 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)*



[Spiralize Zucchini](#) for use in the Sloppy Joes and Chicken Stir Fry. Store in airtight container with paper towel.



**Cook bacon in oven** for use in the Stuffed Sweet Potatoes and BLT Salad. Store in airtight container in the fridge.



### Pre-cut the veggies for

- Meatloaf Muffins
  - Chicken Veggie Stir Fry
  - Savory Cottage Pie
- Store in individual containers in fridge up to a week.

**Saute veggies for Meatloaf Muffins.** Store in airtight container in the fridge.



### Additional Week 5 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.