

# the nourishing home week 4 whole30 meal plan

Hi, Whole30 Friends! Congratulations on your commitment to your health! It's week 4 and that means we're in the homestretch of our 30-day journey! As we enter this fourth week on Whole30, just a reminder to check out the "[What to Expect on Whole30 Timeline](#)."

It's helpful to realize that **this is a process and it does take time for your body** {and mind} to adjust. So if you haven't started to feel better and more energized yet, please hang in there! It can take longer for those of us with chronic health issues to reap the benefits of this positive commitment to our health. In fact, **you may want to consider [extending your Whole30](#) to a Whole45, Whole60 or more.**

As always, be sure to save time this week by checking 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 a wonderful Week 4!  
With blessings,

Kelly

## Week 4 Whole30 Shopping List (*dinner only*)

You'll notice numbers next to each ingredient to **let you know which meals require these items** (1=Sunday, 2=Mon, 3=Tues, 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, skinless turkey breasts, 3 lbs (#1, 7)
- \_\_\_ Ground dark turkey, 2 lbs (#2), plus 3 lbs (#3, 6)
- \_\_\_ Whole30 compliant ground sausage (or [make your own](#)) #4
- \_\_\_ [Whole30-compliant bacon](#) (#4, 7)
- \_\_\_ [Flank steak or sirloin](#), 1.5 lbs (#5)
- \_\_\_ Chicken stock, 6 cups (#4, 5, 6, 7) ([homemade bone broth](#) is best)

### Cold Case & Fresh Produce

- \_\_\_ Apple, 1 (#7)
- \_\_\_ Asparagus, 1 lb (#1)
- \_\_\_ Baby spinach (#7)
- \_\_\_ Bibb lettuce (#3)
- \_\_\_ Broccoli florets, 7 cups (#5)
- \_\_\_ Carrots, 6 (#2, 7)
- \_\_\_ Cauliflower, 2 (#5, 6)
- \_\_\_ Celery, 3 stalks (#7)
- \_\_\_ Cherry tomatoes (#2)
- \_\_\_ Cucumber, 1 (#2)
- \_\_\_ Fresh cilantro (#3)
- \_\_\_ Fresh garlic, 2 heads (#2, 3, 4, 7)

- \_\_\_ Fresh ginger (#3, 5)
- \_\_\_ Fresh sage (#1)
- \_\_\_ Fresh thyme (#1, 7)
- \_\_\_ Frozen green beans (#7)
- \_\_\_ Green onions (#3, 7)
- \_\_\_ Limes, 2 (#5)
- \_\_\_ Mixed salad greens (#2)
- \_\_\_ Red bell pepper, 2 (#3)
- \_\_\_ Red onion, 1 (#5)
- \_\_\_ Shredded carrot (#3)
- \_\_\_ Swiss chard, 1 bunch (#4)
- \_\_\_ Sweet onions, 2 (#2, 3, 4)
- \_\_\_ Veggies of choice for Asian Chicken Bowls (#6)
- \_\_\_ Yellow onion, 1 (#5, 6)
- \_\_\_ Yukon gold potatoes, 5 lbs (1, 4, 7)
- \_\_\_ Zucchini, 1 per person (#2)

### Pantry Items

- \_\_\_ Almond flour (#2)
- \_\_\_ Arrowroot (optional, to thicken)
- \_\_\_ [Balsamic vinegar](#) (#2)
- \_\_\_ [Coconut aminos](#) (#3, 5)
- \_\_\_ Cashew pieces (#3)

- \_\_\_ Crushed tomatoes, 2 (28oz.) cans (#2)
- \_\_\_ Rice vinegar (yes, it's [Whole30 compliant](#) #3)
- \_\_\_ [Toasted sesame oil](#) (#3, 5)
- \_\_\_ Tomato paste, 2 (#2, 3)
- \_\_\_ Healthy fats: [avocado oil](#), pure [EVOO](#), [grassfed ghee](#)


### Dried Herbs & Spices

- \_\_\_ Bay leaves \_\_\_ Basil
- \_\_\_ Cayenne pepper
- \_\_\_ Garlic & Onion powder
- \_\_\_ Oregano \_\_\_ Thyme
- \_\_\_ Parsley \_\_\_ Red pepper flakes
- \_\_\_ Rosemary (*use in place of fresh for the chicken soup*)

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="#">Grilled Herb Turkey Breasts</a> Mashed Potatoes Grilled Asparagus	<a href="#">Slow Cooker Marinara &amp; Meatballs</a> <i>(serve over zoodles)</i> Garden Salad	<a href="#">One-Skillet Asian Style Lettuce Wraps</a> with Fresh Fruit	<a href="#">Potato Casserole Lasagna</a> with <a href="#">Sautéed Greens</a>	<a href="#">Easy Beef &amp; Broccoli Bowls</a> with <a href="#">Seasoned Cauli-Rice</a>	<a href="#">Asian Style Chicken Bowls</a> <i>Grill veggies of your choice and serve with leftover Asian Chicken and leftover <a href="#">Cauli Rice</a></i>	<a href="#">Creamy Turkey Pot Pie Soup</a> Spinach Salad <i>(add diced apple, boiled eggs &amp; crumbled bacon)</i>
Grill extra turkey and freeze for Day 7	Save 4 cups of sauce for Day 4	Make extra meat for Day 6	Sauté extra greens for breakfast	Make extra cauli-rice for Day 6		Save leftover soup for lunch

## Whole30 Breakfast & Lunch Ideas

### Whole30 Breakfast Ideas:

- [Baked Egg Avocado Cups](#) with bacon
- [Perfect BLT Omelette](#) with sliced fruit
- Eggs over easy with leftover [Sautéed Greens](#)

### Whole30 Lunch Ideas:

- [Avocado Egg Salad](#) on a bed of mesclun greens
- [Asparagus, Egg & Bacon Salad](#)
- [5-Minute Salmon Salad](#) in [Green Wraps](#)

## Week 4 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)*



**Chop herbs and marinate turkey breasts;** store in fridge up to 24 hours or freeze and thaw in fridge overnight when ready to grill.



**Spiralize Zoodles** for the Marinara & Meatballs.

**Make Meatballs** and freeze. No need to thaw, place right in slow cooker.

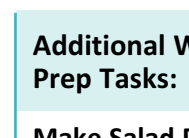


**Pre-cut the veggies** for

- Asian-Style Chicken Wraps
- Sautéed Greens
- Asian-Style Chicken Bowls
- Chicken Pot Pie Soup

Store in individual containers in fridge up to a week.

**Grate the cauliflower** for cauli-rice. Store in airtight container in fridge.



### Additional Week 4 Prep Tasks:

**Make Salad Dressings** (or save time with my favorite [Whole30-compliant bottled salad dressings](#))

**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 and store in airtight containers in fridge.