

# 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, skinless turkey breasts, 2.5 lbs (#1, 7)
- \_\_\_ [Flank steak or sirloin](#), 3 lbs (#2, 4)
- \_\_\_ [Boneless, skinless chicken thighs](#), 4.5 lbs (#3, 5)
- \_\_\_ [Chicken stock](#), 1 cup (#2, 4)
- \_\_\_ Ground turkey, 1.5 lbs (#6)

### Fresh Produce

- \_\_\_ Apple, 1 (#7)
- \_\_\_ Asparagus, 1 lb (#1)
- \_\_\_ Avocado, 7 (#3, 5, 6)
- \_\_\_ Bibb lettuce (#3)
- \_\_\_ Broccoli florets, 7 cups (#2)
- \_\_\_ Cauliflower, 2 heads (#2, 4)
- \_\_\_ Fresh ginger, 1 piece (#2)
- \_\_\_ Fresh cilantro (#2, 4, 6)
- \_\_\_ Fresh thyme (#1)
- \_\_\_ Fresh sage (#1)
- \_\_\_ Jalapeño pepper, 1 (#6)
- \_\_\_ Limes, 2 (#6)
- \_\_\_ Mixed greens for salad (#2, 7)
- \_\_\_ Pico de gallo (or [homemade](#))
- \_\_\_ Plantains (#3)

- \_\_\_ Red bell peppers, 4 (#3, 5)
- \_\_\_ Red onion, 1 (#7)
- \_\_\_ Shallot, 1 (#6)
- \_\_\_ Spaghetti squash, 2 (#5)
- \_\_\_ Sweet onions, 2 (#3, 5)
- \_\_\_ Sweet potatoes, 4 (#6, 7) and 1 per person (#1)
- \_\_\_ Veggies of your choice to grill (#4)
- \_\_\_ Yellow onion (#2, 4)

### Pantry Items

- \_\_\_ [Coconut aminos](#) (#2)
- \_\_\_ Optional: Dried cranberries (be sure to use [Whole30 compliant](#)) #7
- \_\_\_ Salsa Verde, 2 (12oz) jar (#3)
- \_\_\_ Toasted sesame oil (#2)
- \_\_\_ Optional: Walnuts (#7)
- \_\_\_ Healthy fats: [avocado oil](#), pure [EVOO](#), [grassfed ghee](#)

### Dried Herbs & Spices

- \_\_\_ Cayenne pepper (#6, 7)

- \_\_\_ Cumin (#3, 6)
- \_\_\_ Garlic powder (#1, 2, 3, 4, 6)
- \_\_\_ Ground cinnamon (#3)
- \_\_\_ Oregano (#6)
- \_\_\_ Paprika (#3, 6)
- \_\_\_ Parsley (#2, 4, 6)
- \_\_\_ Red pepper flakes (#2)
- \_\_\_ Rosemary (#6, 7)
- \_\_\_ Thyme (#6, 7)

**\* If making the Citrus Dressing (Day 7) you'll also need:**  
1 orange, 1 lemon, dijon mustard and 3 garlic cloves.

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 adults.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
<a href="#">Grilled Herb Turkey Breasts</a> with Asparagus and <a href="#">Slow Cooker Baked Sweet Potatoes</a>	<a href="#">Easy Beef &amp; Broccoli Bowls</a> with <a href="#">Seasoned Cauli-Rice</a> Garden Salad	<a href="#">Slow Cooker Chicken Verde</a> Lettuce Wraps with <a href="#">Cinnamon Plantains</a>	<b>Asian Style Beef Bowls</b> <i>Simply grill veggies of your choice and serve with leftover beef and cauli-rice from Day 2</i>	Leftover Chicken Verde served over <a href="#">Spaghetti Squash Pasta</a> <i>(Top with diced avocado, salsa verde &amp; sliced red bell pepper)</i>	<a href="#">Jalapeño Turkey Burgers</a> with <a href="#">Guacamole</a> and <a href="#">Roasted Sweet Potato Bites</a>	<a href="#">Harvest Turkey Salad</a> <i>(use leftover Grilled Turkey from Day 1 and leftover Sweet Potato Bites from Day 6)</i>
Grill extra turkey and freeze for Day 7	Make extra beef and cauli-rice for Day 4	Make double batch of Chicken Verde save half for Day 5 ( <i>make extra plantains for breakfast</i> )			Make extra sweet potato bites for Day 7; thaw turkey in fridge overnight for Day 7	

## Whole30 Breakfast & Lunch Ideas

### Whole30 Breakfast Ideas:

- [Turkey Sausage Patties](#) with boiled eggs & fresh fruit
- [Veggie Egg Scramble](#) with leftover plantains (*Day 5*)
- [Baked Egg Avocado Cups](#) with sausage & fresh fruit

### Whole30 Lunch Ideas:

- [Berry Chicken Salad](#) (or use leftover grilled turkey)
- [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*)



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



**Prepare the Turkey Burgers** and shape into patties. Wrap individually and store in freezer. Thaw in fridge over-night when ready to grill.



**Grate the cauliflower** and store in fridge for up to 4-5 days.



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

### Pre-cut the veggies for

- Chicken Verde
  - Asian Style Beef Bowls
- Store in individual containers in fridge up to a week.



### Additional Week 1 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.