

the nourishing home week 2 whole30 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 "[Day Zero: Getting Ready for Whole30](#)" post for a list of what you need to know to achieve a successful Whole30.

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 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 [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 Week 2!
With blessings,

Kelly

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)

Fresh Produce

- ___ Eggs (#4)
- ___ Avocados, 5 (#4, 5, 6)
- ___ Bok choy (#3)
- ___ Broccoli florets, 2 cups (#3)
- ___ Cauliflower, 2 (#6, 7)
- ___ Carrots, 4 (#3, 6)
- ___ Cherry tomatoes, 10oz (#7)
- ___ Cremini mushrooms (#2, 3, 6)
- ___ Fresh basil, 1 large bunch (#5, 7)
- ___ Fresh cilantro, 1 bunch (#1, 2, 6)
- ___ Fresh flat-leaf parsley (#1)

- ___ Fresh garlic, 2 heads (#1, 3, 4, 5)
- ___ Fresh grated ginger (#3)
- ___ Green onions, 5 (#3)
- ___ Lemon, 1 (#5)
- ___ Lime, 4 (#1, 4, 6)
- ___ Mixed salad greens, 10oz (#4)
- ___ Red bell pepper, 3 (#2, 3, 6)
- ___ Red onion, 1 (#6)
- ___ Snap peas (#3)
- ___ Strawberries, 1 pint (#4)
- ___ Sweet potatoes, 1 per person (#1), plus 4 (#2, 3)
- ___ Yellow onion, 1 (#2, 6)
- ___ Yellow squash, 2 (#1)
- ___ Zucchini, 2 (#1), plus 2 large per person for zoodles (for days 3 & 5)

Pantry Items

- ___ [Balsamic vinegar](#) (#4)
- ___ [Coconut aminos](#) (#3)
- ___ [Ghee](#) (#1, 6)
- ___ Red wine vinegar (#1)
- ___ [Toasted sesame oil](#) (#3)
- ___ Walnut pieces (#4, 5)

- ___ Healthy fats: [avocado oil](#), pure [EVOO](#), [grassfed ghee](#)

Dried Herbs & Spices

- ___ Basil (#4)
- ___ Cayenne pepper (#2)
- ___ Chili powder (#2)
- ___ Cumin (#6)
- ___ Garlic powder (#2)
- ___ Ground ginger (#4)
- ___ Onion powder (#6)
- ___ Oregano (#1)
- ___ Paprika
- ___ Parsley (#2)
- ___ Rosemary (#2)
- ___ Thyme (#2)

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>Grilled Steak with Cilantro Lime "Butter"</u> with Grilled Veggies and Baked Sweet Potato | <u>Southwestern Chicken Burgers</u> with lettuce, tomato, onion & avocado slices <u>Roasted Sweet Potato Bites</u> and fresh fruit | <u>Veggie Stir Fry</u> with Leftover Grilled Steak | <u>Strawberry Cobb Salad</u> with Balsamic Lime Vinaigrette | <u>Pesto "Pasta" with Zoodles</u> (save time and serve the pesto zoodles with leftover diced balsamic chicken from Day 4) | <u>Grilled Salmon with Avocado Salsa</u> with <u>Veggie Confetti Cauli-Rice</u> | <u>Grilled Pesto Chicken Skewers</u> (use leftover pesto from Day 5) with leftover <u>Veggie Cauli-Rice</u> |
| Grill extra steak for Day 3 | Roast extra Sweet Potato Bites for Day 3 | | 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
- Pre-brown ground beef and meats
- Cut meats, poultry and seafood
- 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 Stir Fry and 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 containers in fridge up to a week.



Additional Week 2 Prep Tasks:

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.