


the nourishing home week 3 whole30 meal plan

Hi, Whole30 Friends! Congratulations on successfully making it to **the halfway point** on our 30-day journey! Give yourself a high five and a big hug! As we enter this **third 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.

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,


Week 3 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

- ___ Whole chicken, 4lbs (#1)
- ___ [Grassfed Flank steak](#), 2 lbs (#3, 7)
- ___ [Boneless, skinless chicken breasts](#), 3 lbs (#5, 6)
- ___ [Whole30 bacon](#), 1 lb (#4)
- ___ Chicken stock, 6.5 cups (#2, 5)
([homemade bone broth](#) is best)

Cold Case & Fresh Produce

- ___ Eggs, 1 dozen (#4)
- ___ Avocados, 5 (#3, 6, 7)
- ___ Baby red potatoes, 2lbs (#1)
- ___ Bean sprouts (#2)
- ___ Cauliflower, 2 (#5, 7)
- ___ Cherry tomatoes, 1.5lbs (#1, 3, 4, 6)
- ___ Cremini mushrooms, 6oz (#4)
- ___ Cucumbers, 3 (for salad)
- ___ Fresh Thai basil (or reg.basil) #2
- ___ Fresh cilantro, 1 bunch (#2, 3, 5)
- ___ Fresh garlic, 1 head (#2, 3)
- ___ Fresh ginger (#2)
- ___ Fresh pico de gallo (or homemade)

- ___ Fresh pineapple, 2.5 cups diced (#5, 7)
- ___ Green onions (#2, 6)
- ___ Jalapeño, 2 (#2, 3)
- ___ Lemons, 5 (#1, 6)
- ___ Limes, 6 (#2, 3, 5)
- ___ Mixed salad greens (#1, 4)
- ___ Plantains, 2 large (#5)
- ___ Plum tomatoes, 8 (#3, 5)
- ___ Red bell peppers, 6 (#3, 4, 6)
- ___ Red onion, 1 (#3)
- ___ Romaine lettuce, 4 heads (#3, 6)
- ___ Russet potatoes, 2/person (#3, 6)
- ___ Shredded carrot, 1 cup (#2)
- ___ Sweet onion, 1 (#2)
- ___ Swiss chard (or kale), 1 bunch (#4)
- ___ Yellow onion, 1 (#4, 5)
- ___ Yukon gold potatoes, 6 (#4)
- ___ Zucchini, 1/person for zoodles (#2)

Pantry Items

- ___ [Balsamic vinegar](#) (#3)
- ___ [Coconut aminos](#) (#2)
- ___ [Fish sauce](#) (#2)

- ___ Kalamata olives (#6)
- ___ Red wine (or coconut) vinegar #6
- ___ Healthy fats: [avocado oil](#), pure [EVOO](#), [grassfed ghee](#)

Dried Herbs & Spices

- ___ Basil (#4)
- ___ Coriander (#3)
- ___ Cumin (#3)
- ___ Garlic powder (#1, 3, 5, 6)
- ___ Oregano (#3, 6)
- ___ Paprika (#1)
- ___ Parsley (#1, 3, 5)
- ___ Smoked paprika (#3)
- ___ Thyme (#1, 3, 5)
- ___ Whole cloves (#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.

the nourishing home week 3 whole30 meal plan

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
						
Roasted Lemon Spatchcock Chicken with Baby Potatoes Mesclun Greens Salad	Chicken Pho Bowl with Bean Sprouts, Thai Basil, Lime Wedges	Grilled Fajita Steak Salad with Pico de Gallo topped Slow Cooker Baked Potatoes	Veggie Quiche with Hash Brown Crust Mixed Greens Salad Sliced Fruit	Grilled Herb Chicken with Pineapple Salsa with Cauli Rice and Cinnamon Plantains	Easy Greek Chicken Salad (with leftover grilled chicken) with Slow Cooker Baked Potatoes	Fajita Steak & Veggie Bowls (warm leftover grilled steak & peppers; serve over Cauli Rice with leftover pineapple salsa and avocado)
Save leftover roast chicken for Day 2; make slow cooker bone broth for Day 2	Make extra Pho broth and "fixins" for a quick lunch	Grill extra steak and peppers for Day 7; make extra pico de gallo for Day 5	Tip Saving Tip: Make an extra quiche for quick breakfasts or lunches	Tip-Saving Tip: Grill the Greek Chicken for Day 6 at the same time as the Herb Chicken for Day 5. Also, make extra cauli-rice and pineapple salsa for Day 7 and make extra plantains to use for breakfast.		

Whole30 Breakfast & Lunch Ideas

Whole30 Breakfast Ideas:

- **Egg "McMuffins"** with fresh fruit
- **Veggie Scramble** and leftover **Cinnamon Plantains**
- **Turkey Sausage Patties** with eggs over easy

Whole30 Lunch Ideas:

- **Berry Chicken Salad** on a bed of mesclun greens
- **Cucumber Tomato Salad** on a bed of mesclun greens
- **Broccoli Soup** with green salad

Week 3 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 Zoodles for the Pho Bowl.

Grate the cauliflower for cauli-rice for Days 5 & 7.

Store in airtight containers in fridge.



Make Pico de Gallo for the Fajita Salad and Pineapple Salsa (*or save time and purchase fresh pico de gallo from the market*).



Pre-cut the veggies for the following meals:

- Fajita Steak Salad
- Veggie Quiche
- Greek Chicken Salad

Store in individual containers in fridge up to a week.

Cook bacon or **Turkey Sausage Patties** (*or both*) for use in the Veggie Quiche. Store in fridge.



Additional Week 3 Prep Tasks:

Make the Marinade/ Salad Dressings for the Fajita Steak Salad and Greek Chicken Salad.

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.