

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,



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=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 pork butt, 5 lbs (#1, 5)
- ___ Ground chicken, 1 lb (preferably dark meat) #2
- ___ Ground turkey, (preferably dark meat) 1.25 lbs #3, plus 2 lbs #4
- ___ Homemade chicken stock, 1cup #3
- ___ Whole30-compliant bacon (#6)

Cold Case & Fresh Produce

- ___ Eggs (for boiled eggs on salad)
- ___ Apples, 2 (#1)
- ___ Avocado, 3 (for salads)
- ___ Bibb or Butter Leaf lettuce (#4)
- ___ Cabbage, 1 (#1)
- ___ Carrots, 4 (#1, 3), plus shredded carrot (#4)
- ___ Cremini mushrooms, 4 oz (#2)
- ___ Cucumber (for salads)
- ___ Fresh cilantro, 1 bunch (#2)
- ___ Fresh garlic, 1 head (#3, 4)
- ___ Fresh ginger, one-inch piece (#4)
- ___ Fresh parsley, 1 bunch (#1)
- ___ Green onions, 1 bunch (#4)
- ___ Mixed salad greens (for salads)

Pantry Items

- ___ Poblano pepper (#6)
- ___ Red onion, 1 (#1)
- ___ Red bell peppers, 3 (#2, 3, 4)
- ___ Romaine lettuce, 1 large (#5)
- ___ Sweet onion, 2 (#1, 4)
- ___ Sweet potatoes, 4-5 lbs (#1, 2, 3)
- ___ Tomato, 1 (#6)
- ___ Yellow onion, 1 (#2, 3)

Pantry Items

- ___ Apple cider vinegar (#1, 6)
- ___ Arrowroot (optional #4)
- ___ Cashew pieces (optional #4)
- ___ Coconut aminos (#4)
- ___ Coconut milk, 1 can (#1)
- ___ Dijon mustard (#6)
- ___ Rice vinegar (#4)
- ___ Toasted sesame oil (#4)
- ___ Tomato paste (#4)
- ___ Unsweetened, unfiltered apple juice (#1, 5, 6)
- ___ Whole30 mayo (#1)
- ___ 28-oz can diced tomatoes (#3)
- ___ 28-oz can tomato sauce (#3)

Dried Herbs & Spices



- ___ All-purpose herb seasoning (#3)
- ___ Bay leaf (#3)
- ___ Chili powder (#1, 2, 3)
- ___ Garlic powder (#1, 2)
- ___ Cayenne pepper (#2)
- ___ Ground ginger (#1)
- ___ Parsley (#2)
- ___ Poppy seeds (#1)
- ___ Red pepper flakes (#4)
- ___ Rosemary (#2)
- ___ Smoked paprika (#1)
- ___ Thyme (#2)

(If making **Whole30 BBQ sauce**, be sure to add 1 (15oz) can fire-roasted diced tomatoes, 8 medjool dates, onion powder and hot sauce to your shopping list)

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
						
Slow Cooker Apple Cider Pulled Pork with Apple-Carrot Coleslaw and Mashed Sweet Potatoes	Southwestern Chicken Burgers with Leftover Coleslaw and Roasted Sweet Potato Bites	Slow Cooker Sweet Potato Chili with Sliced Avocados Mixed Greens Salad	One-Skillet Asian Style Lettuce Wraps with Fresh Fruit and Leftover Sweet Potato Bites	Leftover Slow Cooker Apple Cider Pulled Pork tossed with BBQ Sauce on Roasted Sweet Potato Buns	Leftover Burger Salad with Bacon, Sliced Tomatoes, Boiled Eggs & Avocado (<i>omit honey in dressing recipe</i>)	Leftover Slow Cooker Sweet Potato Chili with Sliced Avocados Garden Salad
Save extra coleslaw for Tues' dinner	Make extra burgers, save for Sat; make extra sweet potato bites save for Wed	Save extra chili for Sat's dinner		This is a great Whole30 Barbecue Sauce	Note: If making the honey-mustard dressing, replace the honey with 2 Tbsp apple juice	

Whole30 Breakfast & Lunch Ideas

Whole30 Breakfast Ideas:

- [Perfect BLT Omelette](#) with sliced fruit
- [Prosciutto Wrapped Frittata Muffins](#) with fruit
- [Simple Hash Browns](#) with [Boiled Eggs](#)

Whole30 Lunch Ideas:

- [Pomegranate Chicken Salad](#) on a bed of lettuce
- [Tuna Cakes](#) (or canned salmon) w/veggies & [ranch dip](#)
- [Pineapple Chicken Salad](#) on a bed of mesclun greens

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*)



Pre-chop the coleslaw ingredients (except for the apple). Store in the fridge in airtight containers.



Prepare the chicken burgers (do not grill). Wrap individually and place in freezer (*thaw in fridge overnight*).



Brown the ground turkey for the Wraps and Chili. Store in fridge up to 3-4 days or freeze until ready to use (*thaw in fridge overnight*).



Pre-cut the veggies for Sweet Potato Chili.

Make [Whole30 BBQ Sauce](#), if using. Store in airtight container in fridge up to 2 weeks.



Additional Week 1 Prep Tasks:

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.