

the nourishing home week 5 whole30 meal plan

Hi, Whole30 Friends! Congratulations, victory is in sight! We're ready to cross the finish line in just a few more days! Woot!

Thank you so much for joining me on this 30-day journey to improved our health and wellness! I'd love to continue our healthy living journey together by inviting you to [Subscribe to The Nourishing Home](#). If you opt to [join my community](#), you'll receive my **FREE weekly, grain-free, whole food meal plans and recipes** to help you continue making forward progress with your healthy living goals, *one delicious bite at a time!*

And just a reminder, if you're thinking about [extending your Whole30](#), I encourage you to check out my 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.

It's been a joy sharing my family's favorite Whole30 meals with you. I hope you will continue on as a Subscriber to The Nourishing Home so we can continue our healthy journey together!
With blessings,

Kelly

Week 5 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, 2.5 lbs (#1, 7)
- ☐ Ground dark turkey, 2 lbs (#2)
- ☐ Drumsticks (2-3 per person) #3
- ☐ Wild salmon, 2 lbs (#5)
- ☐ Whole30 bacon (optional #4, 7)
- ☐ Chicken stock, 7.5 cups (#4, 5, 6, 7) ([homemade bone broth](#) is best)

Cold Case & Fresh Produce

- ☐ Apple, 1 (#7)
- ☐ Asparagus, 1 lb (#1)
- ☐ Avocado, 2 (#5)
- ☐ Baby red potatoes, 3 lbs (#3, #7)
- ☐ Baby spinach (#7)
- ☐ Carrots, 10 (#2, #3, #7)
- ☐ Cauliflower, 2 (#5, 6)
- ☐ Celery, 2 stalks (#7)
- ☐ Cherry tomatoes (#2)
- ☐ Cremini mushrooms (#7)
- ☐ Cucumber, 1 (#2)
- ☐ Fresh cilantro (#5)
- ☐ Fresh garlic, 2 heads (#2, 4)
- ☐ Fresh sage (#1)

- ☐ Fresh thyme (#1)
- ☐ Leeks, 2 (#7)
- ☐ Limes, 2 (#5)
- ☐ Mixed salad greens (#2)
- ☐ Red onion, 1 (#5)
- ☐ Swiss chard, 3 bunch (#3, #4)
- ☐ Sweet onions, 2 (#2, 4)
- ☐ Veggies of choice for Leftover Chicken Bowls (#6)
- ☐ Yellow onion, 1 (#5, 6, 7)
- ☐ Yukon gold potatoes, 3 lbs
- ☐ Zucchini, 1 per person (#2)

Pantry Items

- ☐ Almond flour (#2)
- ☐ Arrowroot (optional, to thicken)
- ☐ [Balsamic vinegar](#) (#2)
- ☐ Crushed tomatoes, 2 (28oz.) cans (#2)
- ☐ Tomato paste, 2 (#2)
- ☐ Healthy fats: [avocado oil](#), pure [EVOO](#), [grassfed ghee](#)

Dried Herbs & Spices

- ☐ Bay leaves ☐ Basil ☐ Cumin

- ☐ Chili powder ☐ Cayenne
- ☐ Garlic & Onion powder
- ☐ Ground ginger
- ☐ Oregano ☐ Paprika
- ☐ Parsley ☐ Red pepper flakes
- ☐ Thyme ☐ Rosemary
- ☐ Smoked paprika










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one delicious & nutritious
bite at a time!

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grain-free meal plans!

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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
						
<p><u>Grilled Herb Turkey Breasts</u> Mashed Potatoes Grilled Asparagus</p>	<p><u>Slow Cooker Marinara & Meatballs</u> (serve over zoodles) Garden Salad</p>	<p><u>BBQ Spice Chicken</u> with <u>Roasted Potatoes & Carrots</u> and <u>Sautéed Greens</u></p>	<p><u>Potato Casserole Lasagna</u> with leftover <u>Sautéed Greens</u></p>	<p><u>Grilled Salmon with Avocado Salsa</u> with <u>Seasoned Cauli-Rice</u></p>	<p><u>Leftover Chicken Bowls</u> <i>Grill veggies of your choice and serve with leftover BBQ chicken and leftover <u>Cauli Rice</u></i></p>	<p><u>Creamy Turkey & Veggies Soup</u> Spinach Salad (add diced apple, boiled eggs & crumbled bacon)</p>
Grill extra turkey and freeze for Day 7	Save 4 cups of sauce for Day 4	Make extra greens for Day 4 and extra meat for Day 6	Save leftover greens for breakfast	Make extra cauli-rice for Day 6	Thaw leftover turkey for Day 7	Save leftover soup for lunch

Whole30 Breakfast & Lunch Ideas

Whole30 Breakfast Ideas:

- Eggs over easy with leftover [Sautéed Greens](#)
- [Turkey Sausage Patties](#) with boiled eggs
- [Everything-But-The-Bagel Hashbrowns](#) with eggs

Whole30 Lunch Ideas:

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

Week 5 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.



Prepare seasoning mix for Oven Baked BBQ Chicken. Store in airtight container.

Pre-cut the veggies for

- Leftover Chicken Bowls
- Turkey & Veggies Soup

Store in individual containers in fridge up to 6 days.

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



Additional Week 5 Prep Tasks:

Pre-chop Salad Fixings:

Chop lettuce and store in an airtight container with a paper towel. You can also pre-chop most salad fixings and store in airtight containers in fridge.

Want to continue receiving **FREE Weekly GF Meal Plans?** Remember to [Subscribe to The Nourishing Home!](#)