









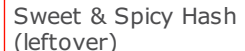



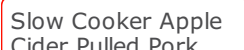
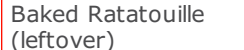

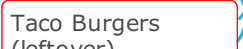








5 Day **WHOLE30** Meal Plan

Kick off your Whole30 with this easy to use meal plan from Real Plans.

Look inside for:

- Meal Plan
- Meal Plan Summary
- Shopping List
- Timeline
- Recipes



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast  Sweet & Spicy Hash	Breakfast  Soft Scrambled Eggs  Apples with Almond Butter	Breakfast  Sweet & Spicy Hash (leftover)	Breakfast  Scrambled Eggs with Broccoli (DF)  Citrus Mint Salad (Whole30)	Breakfast  Sweet & Spicy Hash (leftover)	Breakfast	Breakfast
Lunch  Taco Burgers  Simple Salad with Zesty Chili Lime Dressing	Lunch  Slow Cooker Tuscan Chicken Stew (leftover)	Lunch  Slow Cooker Apple Cider Pulled Pork (leftover)  Baked Ratatouille (leftover)	Lunch  Cumin-Lime Slaw  Taco Burgers (leftover)	Lunch  Southwestern Chili (Paleo) (leftover)	Lunch	Lunch
Dinner  Slow Cooker Tuscan Chicken Stew	Dinner  Slow Cooker Apple Cider Pulled Pork  Baked Ratatouille	Dinner  Southwestern Chili (Paleo)	Dinner  Sheet Pan Greek Chicken and Veggies (DF)	Dinner  Rosemary Potatoes with Caramelized Onions  Balsamic Chicken Skillet	Dinner	Dinner

Meal Plan Summary

Sunday

Breakfast

Sweet & Spicy Hash (p.0)

Lunch

Taco Burgers (p.8) , Simple Salad with Zesty Chili Lime Dressing (p.8)

Dinner

Slow Cooker Tuscan Chicken Stew (p.9)

Monday

Breakfast

Soft Scrambled Eggs (p.9) , Apples with Almond Butter (p.10)

Lunch

Slow Cooker Tuscan Chicken Stew (leftover) (p.9)

Dinner

Slow Cooker Apple Cider Pulled Pork (p.10) , Baked Ratatouille (p.11)

Tuesday

Breakfast

Sweet & Spicy Hash (leftover) (p.0)

Lunch

Slow Cooker Apple Cider Pulled Pork (leftover) (p.10) , Baked Ratatouille (leftover) (p.11)

Dinner

Southwestern Chili (Paleo) (p.0)

Wednesday

Breakfast

Scrambled Eggs with Broccoli (DF) (p.12) , Citrus Mint Salad (Whole30) (p.12)

Lunch

Cumin-Lime Slaw (p.12) , Taco Burgers (leftover) (p.8)

Dinner

Sheet Pan Greek Chicken and Veggies (DF) (p.13)

Thursday

Breakfast

Sweet & Spicy Hash (leftover) (p.0)

Lunch

Southwestern Chili (Paleo) (leftover) (p.0)

Dinner

Rosemary Potatoes with Caramelized Onions (p.13) , Balsamic Chicken Skillet (p.14)

Shopping List

Real Plans

Produce

Refrigerated

- 1/2 head broccoli
- 1 1/2 butternut squash
- 1 stalk celery
- 1 eggplant
- 3/4 teaspoon fresh mint leaves
- 1 tablespoon fresh thyme
- 1/2 head green cabbage
- 1 1/2 leek
- 1/3 pound pearl onions
- 2 zucchini

Non-refrigerated

- 2 apple
- 2 clementines
- 1/2 cup grape tomatoes
- 3 green apple
- 2 lime
- 5 3/4 teaspoons minced garlic
- 1 1/2 orange
- 1/4 pound red potatoes
- 1/2 shallot

Meat/Seafood

- 1 pound chicken breast
- 3 1/2 pounds ground beef
- 4 pounds pork butt roast

Eggs & Dairy

- 10 egg

Spices

- 3 tablespoons chili powder
- 1 1/2 teaspoons coarse sea salt
- 1 1/2 teaspoons dried rosemary
- 2 tablespoons ground cumin
- 1 teaspoon ground pepper
- 2 teaspoons onion powder
- 1 1/2 teaspoons smoked paprika

- 1/4 pound Brussels sprouts
- 3 1/2 carrot
- 1 bunch cilantro
- 2/3 cup fresh basil
- 1 1/2 tablespoons fresh sage
- 2 green bell pepper
- 1 bunch kale
- 11 ounces mushroom
- 3 cups salad greens

- 1 pound baby potato
- 1 head garlic
- 1/2 grapefruit
- 1 1/2 teaspoons lemon juice
- 2 mandarin orange
- 1 1/2 onion
- 1/2 red onion
- 3 russet potato
- 2 yellow onion

- 1 pound chicken thigh
- 1 1/2 pounds ground turkey

- 1 1/2 teaspoons cinnamon
- 1 1/2 teaspoons dried oregano
- 4 1/2 teaspoons garlic powder
- 1/2 teaspoon ground ginger
- 1 tablespoon Italian seasoning
- 1 teaspoon paprika

Alternative Flours

1/2 cup almond flour

Vinegar and Oils

1 tablespoon avocado oil

1 1/2 teaspoons coconut oil

7 tablespoons ghee

3 tablespoons balsamic vinegar

1 cup extra virgin olive oil

1/3 cup white wine vinegar

Canned/Jarred Goods

4 tablespoons almond butter

2 3/4 cups chicken broth

14 1/2 ounces diced tomato

4 ounces full fat coconut milk

1/3 cup tomato paste

1/2 teaspoon capers

8 ounces diced green chiles

14 ounces diced tomatoes with green chiles

4 tablespoons hot sauce

14 ounces tomato sauce

Household

parchment paper

Drinks

1 1/2 cups unsweetened apple cider

3/4 cup water

Bulk

1/4 cup pepitas

Time Line

Saturday	Morning	Hit your local farmer's markets and shops to pick up necessary ingredients for the week. Defrost the chicken thigh and ground turkey, if frozen.
	Afternoon	Defrost the ground beef, if frozen.
Sunday	Morning	Prepare the Sweet & Spicy Hash . Defrost the pork butt roast, if frozen. Prepare Tuscan Chicken Stew and place in slow cooker.
	Afternoon	Prepare the Simple Salad with Zesty Chili Lime Dressing and Taco Burgers.
	Evening	Prepare the Slow Cooker Tuscan Chicken Stew.
Monday	Morning	Prepare the Apples with Almond Butter and Soft Scrambled Eggs. Prepare Slow Cooker Apple Cider Pulled Pork in the slow cooker.
	Evening	Defrost the ground beef, if frozen. Prepare the Baked Ratatouille and Slow Cooker Apple Cider Pulled Pork.
Tuesday	Evening	Defrost the chicken thigh, if frozen. Prepare the Southwestern Chili (Paleo) .
Wednesday	Morning	Prepare the Citrus Mint Salad (Whole30) and Scrambled Eggs with Broccoli (DF).
	Afternoon	Prepare the Cumin-Lime Slaw.
	Evening	Prepare the Sheet Pan Greek Chicken and Veggies (DF). Defrost the chicken breast, if frozen.
Thursday	Evening	Prepare the Balsamic Chicken Skillet and Rosemary Potatoes with Caramelized Onions.

Sweet & Spicy Hash

Active time: 40 minutes Total time: 50 minutes Servings: 6



Ingredients

1 1/2 small butternut squash
4 tablespoons ghee
1 1/2 teaspoons sea salt
3/4 teaspoon ground black pepper
3 green apples
1 1/2 large leeks
1 1/2 tablespoons fresh sage
1 1/2 pounds ground turkey
3 tablespoons hot sauce, plus more for garnish
1 1/2 teaspoons cinnamon
3/4 cup chicken broth

Publisher's note

Recipe contributed by Brian of
TheSophisticatedCaveman,com -
@sophisticatedcaveman on Instagram

How to prepare

1. Preheat oven to 400F. Place a large cast iron skillet in the oven to preheat. Line a baking sheet with parchment paper. Peel and cube squash, reserving the seeds. Melt ghee.
2. In a mixing bowl, toss squash with most of the ghee and 1/2 of the salt and pepper.
3. Add squash to the hot skillet and return to the oven. Cook until just tender, about 20 minutes.
4. Meanwhile, peel and cube apple. Slice leek. Chop sage.
5. Combine turkey, hot sauce, cinnamon, sage, and the remaining salt and pepper in a mixing bowl.
6. Remove skillet from the oven and transfer squash to a bowl. Lower the temperature to 350F.
7. Toss squash seeds with the remaining ghee, then spread out on the baking sheet. Toast for 10-12 minutes, until golden brown. This step is optional, but will add a nice crunch to the dish.
8. Meanwhile, place the skillet on the stove top over medium-high heat. Add the turkey mixture and brown it for 7-8 minutes, until no longer pink.
9. Add apples and leek to skillet and cook until tender, about 5 minutes.
10. Add squash back to the skillet and pour in chicken broth. Simmer, gently stirring, until the broth is incorporated and mostly evaporated, about 5 minutes.
11. Garnish with toasted squash seeds and additional hot sauce.

Taco Burgers

Active time: 25 minutes Total time: 25 minutes Servings: 4



Ingredients

1/2 cup cilantro
2 eggs
2 1/2 pounds ground beef
1/2 cup almond flour
8 ounces diced green chiles
2 teaspoons chili powder
2 teaspoons ground cumin
2 teaspoons garlic powder
2 teaspoons onion powder
1 teaspoon sea salt

Publisher's note

This recipe was contributed by Maria Barton of MariaMakes.com - @mariamakesstuff on Instagram.

How to prepare

1. Chop cilantro. Add eggs to a large bowl and lightly beat.
2. Add all other ingredients and combine with a fork or with your hands. Be careful not to over mix.
3. Line a cookie sheet with waxed paper, and using a 1/3 measuring cup, portion the burger mixture into equal scoops.
4. Form each scoop into a patty, spacing them out equally on the cookie sheet.
5. If desired, patties can be frozen at this point by placing cookie sheet in the freezer for an hour until frozen. Then place burgers in ziplock bags. When ready to cook, thaw in fridge.
6. To cook: Grill burgers for 4-5 minutes on each side or until cooked through.

Simple Salad with Zesty Chili Lime Dressing

Active time: 10 minutes Total time: 10 minutes Servings: 2



Ingredients

For the dressing:

1/2 orange
1 lime
1 1/2 teaspoons hot sauce, or to taste
3/4 teaspoon chili powder
1/4 teaspoon minced garlic
1/4 teaspoon sea salt
1/4 cup extra virgin olive oil

For the salad:

3 cups salad greens
1/2 small red onion
2 clementines
1/4 cup pepitas
sea salt, to taste
ground black pepper, to taste

How to prepare

1. For the dressing: Zest half the limes and juice all limes. Juice orange.
2. Place dressing ingredients into a jar with a tight-fitting lid. Shake until thoroughly combined.
3. For the salad: Heat a dry skillet over medium heat and toast pepitas until fragrant and lightly browned, about 2-3 minutes. Set aside to cool.
4. Thinly slice onion. Peel clementines and separate into sections.
5. In a large bowl place salad greens, onion, and oranges. Toss to combine.
6. Pour dressing over salad and toss. Taste and season with salt and pepper, if desired. Divide salad among serving plates and top with pepitas.

Slow Cooker Tuscan Chicken Stew

Active time: 35 minutes Total time: 6 hours 40 minutes Servings: 4



Ingredients

1/2 pound chicken thigh
2 carrots
1 stalk celery
1 onion
3 russet potatoes
1 tablespoon extra virgin olive oil
2 teaspoons minced garlic
sea salt, to taste
ground black pepper, to taste
2 cups chicken broth
14 1/2 ounces diced tomatoes
1 tablespoon Italian seasoning
1 bunch kale
1 tablespoon balsamic vinegar

How to prepare

1. Remove skin and bones from chicken thighs, if necessary. Slice carrots. Dice celery and onion. Cube potatoes.
2. Heat olive oil in a skillet over medium high heat. Add onion and garlic and sauté for a few minutes.
3. Season chicken with salt and pepper, then add to the skillet and brown on both sides. Remove chicken and set aside.
4. Add a little bit of chicken broth to the pan to scrape up the delicious browned bits, then pour the broth into your slow cooker.
5. Add celery, carrots, chicken, potatoes, tomatoes, Italian seasoning, and remaining broth to the slow cooker. Cover and cook on low for 6 hours.
6. When ready to serve, chop the kale.
7. Stir in kale, balsamic vinegar, and more salt and pepper, as needed. Let sit for 5 minutes, until kale wilts.
8. Serve and enjoy!

Publisher's note

For best results, use the correctly-sized slow cooker to meet your needs (it should be filled about two-thirds full). Cook time may need to be adjusted based on quantity of food in conjunction with size/model of slow cooker you are using.

Soft Scrambled Eggs

Active time: 15 minutes Total time: 15 minutes Servings: 2



Ingredients

4 eggs
1/4 cup water
1/2 teaspoon coarse sea salt
ground black pepper, to taste
1 1/2 teaspoons coconut oil

How to prepare

1. Whisk eggs, water, salt and pepper in bowl until uniform.
2. Heat oil in a skillet over medium heat until hot. Pour in the egg mixture.
3. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
4. Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

Apples with Almond Butter

Active time: 10 minutes Total time: 10 minutes Servings: 2



Ingredients

2 apples
4 tablespoons almond butter

How to prepare

1. Core and slice the apple.
2. Spread almond butter on the apple slices.
3. Serve.

Slow Cooker Apple Cider Pulled Pork

Active time: 10 minutes Total time: 8 hours 10 minutes Servings: 4



Ingredients

1 large yellow onion
1 tablespoon sea salt
1 1/2 teaspoons smoked paprika
1 1/2 teaspoons garlic powder
1/2 teaspoon chili powder
1/2 teaspoon ground ginger
1/2 teaspoon ground pepper
4 pounds pork butt roast
1 1/2 cups unsweetened apple cider

How to prepare

1. Peel and slice onion.
2. Combine all of the spices in a small bowl. Sprinkle the rub evenly along the sides and top of the pork roast.
3. Add the onion slices to the bottom of a slow cooker. Place the seasoned pork roast on top of the onions. Then, add the apple cider. (If the roast is too large, you may wish to cut it in half and place the halves side by side in the slow cooker.)
4. Cover and cook on high 7-8 hours, or on low for 8-10 hours, until the meat is tender enough to be easily shredded with a fork.
5. Turn off slow cooker once the roast is done. Carefully transfer the pork to a large platter and allow it to rest a few minutes.
6. Pour the cooking liquid through a fine-mesh strainer into a large bowl. Place a little bit of liquid back into the slow cooker; discard the remaining liquid and onion.
7. Shred the pork using two forks. Then, return it to the slow cooker. Toss well with the reserved cooking liquid. Season to taste with additional sea salt and pepper, if desired.

Publisher's note

This recipe was contributed by Kelly Smith of TheNourishingHome.com - @thenourishinghome on Instagram. For best results, use the correctly-sized slow cooker to meet your needs (it should be filled about two-thirds full). Cook time may need to be adjusted based on quantity of food in conjunction with size/model of slow cooker you are using.

Baked Ratatouille

Active time: 15 minutes Total time: 1 hour 25 minutes Servings: 4



Ingredients

1 large eggplant
2 zucchinis
2 green bell peppers
1/2 pound mushroom
1 yellow onion
1 tablespoon fresh thyme, or oregano
1/2 cup fresh basil, or parsley
3 tablespoons melted ghee
1/3 cup tomato paste
1/3 cup white wine vinegar
1/4 cup water
2 teaspoons minced garlic
1 teaspoon sea salt
1/2 teaspoon ground pepper

Publisher's note

Recipe contributed by Ashley Pardo, MLA, NTP -
@TheGrizzlyKitchen.com on Instagram.

How to prepare

1. Cut the eggplant into 1 inch cubes. Halve the zucchini and then cut into 1/2 inch half-moons. Cut the bell peppers into 1 inch pieces. Quarter the mushrooms. Thinly slice onion. Chop the fresh thyme and fresh basil. Set your oven to 400F.
2. Coat a roasting or Pyrex pan with some of the ghee. Add the eggplant, zucchini, peppers, mushrooms, and onions.
3. In a bowl, combine the tomato paste, vinegar, water, remaining ghee, garlic, thyme, salt, and pepper. Stir until blended and smooth. Add to the roasting pan, then stir and toss to coat the vegetables evenly.
4. Bake until the vegetables begin to soften, about 30 minutes, stirring once at the halfway point. Reduce the heat to 325F. Cover the roasting pan with foil and bake until the vegetables are soft and tender but not mushy, about 30 minutes longer, stirring every ten minutes.
5. Remove from the oven, uncover, and let stand for 10 minutes. Stir in the basil and serve hot or cold.

Southwestern Chili (Paleo)

Active time: 15 minutes Total time: 35 minutes Servings: 4



Ingredients

1/2 onion
1 pound ground beef
14 ounces tomato sauce
14 ounces diced tomatoes with green chiles
1 tablespoon chili powder
1 tablespoon ground cumin
1 teaspoon paprika
1 teaspoon garlic powder
1/2 teaspoon sea salt, plus more to taste
1/4 teaspoon ground black pepper, plus more to taste

How to prepare

1. Dice onion.
2. Brown ground beef and onions in a large pot over medium heat.
3. Once ground beef is cooked through, stir in remaining ingredients. Let cook for 15-20 minutes.
4. Season with extra salt and pepper, as needed. Serve and enjoy!

Scrambled Eggs with Broccoli (DF)

Active time: 15 minutes Total time: 15 minutes Servings: 2



Ingredients

1/2 head broccoli
4 eggs
1/4 cup water
1/2 teaspoon coarse sea salt
ground black pepper, to taste
1 tablespoon extra virgin olive oil

How to prepare

1. Finely mince the broccoli. Whisk eggs, water, salt, and pepper in bowl until uniform.
2. Heat the oil in a skillet. Add the finely minced broccoli and sauté until bright green.
3. Pour in the egg mixture.
4. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
5. Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

Citrus Mint Salad (Whole30)

Active time: 20 minutes Total time: 20 minutes Servings: 2



Ingredients

1/2 grapefruit
1 orange
2 mandarin oranges
3/4 teaspoon fresh mint leaves

How to prepare

1. Segment the grapefruit and oranges, and if you want to make it extra special, cut the fruit out of the membrane.
2. Peel the mandarin oranges and then cut them into thin pieces.
3. Combine all the citrus into a medium bowl. Chop mint and gently mix to combine. Serve immediately or store in the fridge for up to a week.

Cumin-Lime Slaw

Active time: 20 minutes Total time: 20 minutes Servings: 2



Ingredients

1 clove garlic
1 lime
1/4 teaspoon ground cumin
1/4 cup extra virgin olive oil
1/2 teaspoon coarse sea salt, plus more to taste
1 1/2 carrots
1/2 head green cabbage
1/4 bunch cilantro

How to prepare

1. For the dressing: Peel and chop garlic. Juice the limes.
2. Place garlic, lime juice, cumin, olive oil, and sea salt in a blender and blend until smooth.
3. Peel and shred carrots and cabbage and chop cilantro.
4. Combine all ingredients in a large bowl and toss with the dressing. Add additional sea salt to taste and serve.

Sheet Pan Greek Chicken and Veggies (DF)

Active time: 20 minutes Total time: 1 hour 20 minutes Servings: 2



Ingredients

4 ounces full fat coconut milk
1 1/2 teaspoons dried oregano
1 1/2 teaspoons lemon juice
1/2 teaspoon sea salt
1/4 teaspoon ground black pepper
1 1/2 tablespoons extra virgin olive oil
1/2 pound chicken thigh
parchment paper
1/4 pound Brussels sprouts
1/4 pound red potatoes

How to prepare

1. In a large bowl, mix together coconut milk, oregano, lemon juice, salt, pepper, and 2/3 of the olive oil. Place chicken in the mixture and allow to marinate in the refrigerator for 30-60 minutes.
2. When ready to cook, preheat oven to 375F. Line a sheet pan with parchment paper. Trim and halve Brussels sprouts. Halve red potatoes.
3. Place Brussels sprouts and potatoes on one side of sheet pan. Drizzle with the remaining olive oil and season with salt and pepper, to taste. Add chicken to the other side of the sheet pan.
4. Bake for 30-35 minutes, until chicken is cooked through.
5. If desired, turn oven to broil and broil for 3-5 minutes to crisp up chicken and vegetables.

Rosemary Potatoes with Caramelized Onions

Active time: 5 minutes Total time: 1 hour Servings: 2



Ingredients

1 pound baby potato
1/3 pound pearl onions
1 teaspoon sea salt
1/2 teaspoon ground black pepper
1 1/2 teaspoons dried rosemary
1 1/2 tablespoons extra virgin olive oil, plus more to grease pan

How to prepare

1. Preheat the oven to 400F and prepare a large baking sheet by greasing it with olive oil. Scrub the potatoes in water, then cut them into 1 1/2 - 2 inch cubes to ensure that they are evenly sized. Pat them dry, then leave them on the counter for a bit to make sure that they are completely dry.
2. Prepare the onions by cutting off each end and removing the papery outside layer.
3. In a large bowl combine the potatoes, onions, salt, and pepper - then crush the rosemary before putting it in the bowl as well (I just use my fingers).
4. Finally, pour the olive oil over the mixture and combine thoroughly - I always just use clean hands and go to town, as this coats everything the best. Pour the mixture onto your prepared pan, and bake for 45 - 60 minutes flipping every 20 minutes.

Publisher's note

This recipe was contributed by Paige, Emily, and Brooke - @3wholesisters on Instagram.

Balsamic Chicken Skillet

Active time: 30 minutes Total time: 30 minutes Servings: 2



Ingredients

1/2 shallot
3 ounces mushrooms
1/2 cup grape tomatoes
1/8 cup fresh basil
1 pound chicken breast
1 tablespoon avocado oil, or fat of choice
sea salt, to taste
ground black pepper, to taste
1/8 cup balsamic vinegar
1 1/2 teaspoons minced garlic
1/2 teaspoon capers

Publisher's note

This recipe was contributed by Annabelle -
@epicureannie on Instagram.

How to prepare

1. Finely chop shallot. Slice mushrooms. Cut tomatoes in half. Chop basil. You can choose to leave your chicken breasts whole or cut them into 1" pieces.
2. Using a large skillet, coat the pan with your oil.
3. Add salt and pepper to chicken breasts and cook covered for about 5-7 minutes on each side.
4. Remove chicken from heat and set aside.
5. Add more oil if needed, then add the mushrooms and shallots. Sauté until softened then remove from pan and set aside.
6. Add balsamic vinegar, then add garlic, tomatoes and cook on low-med heat for about 5 minutes, stirring, then add basil.
7. Return chicken and coat with balsamic, tomatoes, basil mixture then return the mushrooms. Add capers. Add more fresh basil and serve.