

WHOLE30 | WEEK FOUR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Twice Baked
Sweet Potatoes
from *Plaid &
Paleo*

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Sweet Potatoes
from *Plaid &
Paleo*

Greek Frittata
with chicken,
black olives,
tomatoes and
artichokes

Greek Frittata

Kitchen Sink
Scrambled Eggs
pg. 202 of
Whole30 (great
way to use up
leftovers)

LUNCH

Roasted Chicken
thighs with
roasted potatoes
and squash

Leftover Curry

Spaghetti
Bolognese

Leftover Pork
Tenderloin

Meatballs over
salad

DINNER

Roasted Root
Vegetables in
curry sauce with
chicken sausage
casserole

Bolognese
served over
Spaghetti
Squash (we use
a recipe from
Bon Appetite
and modify it to
Whole30)

*Pork
Tenderloin with
brussel sprouts
and bacon*

Czech Meatballs
served with
cauliflower
mash and green
beans from *Mel
Joulán's Well
Fed*

Braised Beef
Short ribs served
over whipped
mashed potatoes
and asparagus