

WHOLE30 WEEK THREE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Scrambled eggs,
Whole30
compliant
Bacon, and
Grapefruit

Melissa Chicken
Hash pg. 228 of
the Whole30
[http://
cavemamas.com/
melissas-chicken-
hash/](http://cavemamas.com/melissas-chicken-hash/)

Melissa
Chicken Hash
pg. 228 of the
Whole30
*Top with fried
egg

Leftover Pulled
Pork Carnitas
topped with a
fried egg and
pan-fried
plantains

Kitchen Sink
Scrambled Eggs
pg. 202 of
Whole30

LUNCH

BBQ St Louis
Style Ribs with
Potato Salad.

Cauliflower
Chicken
Chowder from
*The Healthy
Foodie*

Roasted Sweet
Potato stuffed
with Pulled Pork
Carnitas

Chicken
Cacciatore
served over
Zoodles

Pot Roast

DINNER

Cauliflower
Chicken Chowder
from *The Healthy
Foodie*
[http://
thehealthyfoodie.
com/cauliflower-
chicken-chowder/](http://thehealthyfoodie.com/cauliflower-chicken-chowder/)

Pulled Pork
Carnitas Taco
Salad pg. 254 of
Whole30
[http://
simplymrsedwar
ds.com/
2015/06/28/](http://simplymrsedwards.com/2015/06/28/)

Chicken
Cacciatore
served over
Zoodles pg.
334 of Whole30
[http://
whole30.com/
2015/04/
chicken-](http://whole30.com/2015/04/chicken-)

Pot Roast
pg. 348 of
Whole30

Seared Chicken
Breast with
Roasted Red
Pepper Mayo,
Roasted Potatoes
and Spinach
pg. 157 of
Whole30