

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Whole30 Baked Zucchini Fritters	Whole30 Chicken Ranch Poppers	Fresh fruit and veggies	Buffalo Chicken Sliders with Plantain Buns
TUESDAY	Whole30 Baked Zucchini Fritters	Whole30 Chicken Ranch Poppers	Grain-free Nut & Seed Granola	Steak Fajita Bowl with Cauliflower Rice
WEDNESDAY	Paleo Carrot Bread with Apples	Avocado Tuna Salad with Spaghetti Squash	Fresh fruit and veggies	Whole30 Orange Chicken with Cauliflower Rice
THURSDAY	Paleo Carrot Bread with Apples	Avocado Tuna Salad with Spaghetti Squash	Grain-free Nut & Seed Granola	Cranberry Apple Pork Chips with Sweet Potatoes
FRIDAY	Sweet Potato and Turkey Hash	Chicken and Raspberry Salad with Raspberry Dressing	Fresh fruit and veggies	Instant Pot Buffalo Chicken with Baked Sweet Potatoes
SATURDAY	Sweet Potato and Turkey Hash	Chicken and Raspberry Salad with Raspberry Dressing	Paleo Apple Crisp	Whole30 Slow Cooker Sweet Potato Chili
SUNDAY	Leftovers	Leftovers	Leftovers	Leftovers