

| | Breakfast | Recipe | Lunch | Dinner | Recipe 1 | Recipe 2 | Snack |
|--------|---|--------------------------------|--|--|---|---|-------------------------|
| Day 1 | Scrambled Eggs with Bacon and a side of fruit | | Baked Salmon with Steamed green beans and broccoli | Hamburgers and Asparagus | | | Almonds and Raisins |
| Day 2 | Scrambled Eggs with Bacon and a side of fruit | | Leftover Hamburgers and Asparagus | Herb Roasted Pork Loin with Roasted Sweet Potatoes and Yellow Squash | Pork Recipe | Sweet Potatoes | Apple and Almond Butter |
| Day 3 | Breakfast Hash | Breakfast Hash | Leftover Pork and Veggies | Roasted Spaghetti Squash | | | Almonds and Raisins |
| Day 4 | Breakfast Hash | | Leftover Spaghetti Squash | Almond Crusted Chicken with steamed green beans and roasted carrots | Chicken | Roasted Carrots | Apple and Almond Butter |
| Day 5 | Breakfast Hash | | Leftover Chicken and Carrots | Chipotle Chicken Sweet Potato Skins with Cauliflower Rice | Chicken Sweet Potatoes (don't use cheese) | Cauliflower Rice | Almonds and Raisins |
| Day 6 | Breakfast Hash | | Leftover Chicken and Sweet Potatoes | Hamburgers, Zucchini, and Green Beans | | | Apple and Almond Butter |
| Day 7 | Breakfast Hash | | Leftover hamburgers and veggies | Chicken Zucchini Poppers with Pineapple Bacon Guacamole and Sweet Potatoes | Chicken Poppers | Guacamole (use Whole 30 compliant bacon) | Almonds and Raisins |
| Day 8 | Breakfast Hash | | Leftover Poppers and Sweet Potatoes | Chicken Enchilada Stew | Enchilada Stew | | Apple and Almond Butter |
| Day 9 | Breakfast Hash | | Leftover Stew | Roasted Spaghetti Squash with Buffalo Chicken Meatballs and Steamed Broccoli | Chicken Meatballs | Whole30 Compliant Ranch Spice Mix | Almonds and Raisins |
| Day 10 | Breakfast Hash | | Leftover Chicken and Veggies | Turkey Burgers with roasted summer squash and steamed green beans | Turkey Burger (use Whole30 compliant bacon) | | Apple and Almond Butter |
| Day 11 | Breakfast Hash | | Leftover Turkey Burgers and Veggies | Leftovers | | | Almonds and Raisins |
| Day 12 | Breakfast Hash | | Leftovers | Taco Lettuce Wraps and Roasted Brussel Sprouts | Taco Meat | Brussel Sprouts (use Whole30 compliant bacon) | Apple and Almond Butter |
| Day 13 | Breakfast Hash | | Leftover Taco Meat and Brussel Sprouts | Lemon Garlic Shrimp over Zoodles with Roasted Asparagus | Shrimp | Zoodles | Almonds and Raisins |

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| Day 14 | Breakfast Hash | | Leftover Shrimp and Zoodles | Hamburgers with Roasted Sweet Potatoes and Steamed Green Beans | | | Apple and Almond Butter |
| Day 15 | Egg Muffins with Breakfast Sausage, Mushrooms, and Spinach | Egg Muffin | Leftover Hamburger and Veggies | Chicken kabobs with grilled pineapple, roasted new potatoes, and steamed broccoli | Chicken Kabobs | Roasted Potatoes | Almonds and Raisins |
| Day 16 | Banana Almond Butter Muffins | Banana Almond Butter Muffin | Leftover kabobs and veggies | Minestrone Soup | Minestrone Soup | | Apple and Almond Butter |
| Day 17 | Leftover Banana Muffins and Egg Muffins | | Leftover Soup | Meatballs and homemade pasta sauce over Roasted Spaghetti Squash with Roasted Brussel Sprouts | Meatballs | Pasta Sauce (minus the ground beef) | Almonds and Raisins |
| Day 18 | Leftover Banana Muffins and Egg Muffins | | Leftover meatballs and veggies | Leftovers | | | Apple and Almond Butter |
| Day 19 | Leftover Banana Muffins and Egg Muffins | | Hamburgers and Steamed Broccoli | Chicken Zucchini Poppers with Pineapple Bacon Guacamole and Golden Fingerling Potatoes | | | Almonds and Raisins |
| Day 20 | Banana Almond Butter Muffins, Eggs, and Bacon | | Leftover Poppers and Veggies | Grilled Steak, Roasted New Potatoes, Roasted Asparagus, and Grilled Avocado | Steak Recipe from Whole30 Cookbook | | Apple and Almond Butter |
| Day 21 | Leftover Banana Muffins, Eggs and Bacon | | Leftover Steak and Veggies | Spiced Pork with Roasted Sweet Potatoes and Steamed Green Beans | Pork (omit the brown sugar) | | Almonds and Raisins |
| Day 22 | Leftover Banana Muffins, Eggs and Bacon | | Leftover Pork and Veggies | Spaghetti Zoodles and Roasted Asparagus | Pasta Sauce (with the ground beef and sauteed mushrooms) | | Apple and Almond Butter |
| Day 23 | Leftover Banana Muffins, Eggs and Bacon | | Leftover Spaghetti and Asparagus | Pork and Sweet Potatoe Stew | Stew | | Almonds and Raisins |
| Day 24 | Eggs, Bacon, and Sausage | Homemade Breakfast Sausage | Leftover Stew | Salmon Cakes with Roasted Spicy Broccoli and Steamed Green Beans | Salmon Cake Recipe from Whole30 Cookbook | | Apple and Almond Butter |

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| Day 25 | Eggs, Bacon, and Sausage | | Leftover Salmon Cakes | Zucchini Ravioli with Roasted Carrots | Zucchini Ravioli | | Almonds and Raisins |
| Day 26 | Eggs, Bacon, and Sausage | | Leftover Ravioli | Leftovers | | | Apple and Almond Butter |
| Day 27 | Eggs, Bacon, and Sausage | | Hamburgers and Steamed Green Beans | Grilled Rosemary Garlic Shrimp with Roasted Sweet Potatoes and Roasted Yellow Squash | Rosemary Garlic Shrimp | | Almonds and Raisins |
| Day 28 | Eggs, Bacon, and Sausage | | Leftover Shrimp and Veggies | Grilled Steak, Roasted New Potatoes, Roasted Asparagus, and Grilled Avocado | | | Apple and Almond Butter |
| Day 29 | Eggs, Bacon, and Sausage | | Leftover Steak and Veggies | Meatballs and homemade pasta sauce over Roasted Spaghetti Squash with Steamed Broccoli | | | Almonds and Raisins |
| Day 30 | Eggs, Bacon, and Sausage | | Leftover Meatballs and Veggies | Enchilada Chicken Stew | | | Apple and Almond Butter |