Whole30 Meal Plan - January 2014

	Sunday	Monday	Tuesday	Wednesday - 1	Thursday - 2	Friday - 3	Saturday - 4	Week Prep
Breakfast				Paleo Pumpkin Muffins	Bacon + Eggs	Spinach + Egg Cup	Sweet potato breakfast skillet	Bake Pumpkin Muffins
Lunch				BLT Salad	Leftovers - Curry	Chicken Avocado Salad	Leftovers - Fajita & Sweet Potato Chips	Cook + Freeze Extra batch of Chili
Dinner				Chicken Curry	Beanless Beef Chili	Chicken Fajitas	Paleo Cuban Picadilla	Prep Salad Veggies
	Sunday - 5	Monday - 6	Tuesday - 7	Wednesday - 8	Thursday - 9	Friday - 10	Saturday - 11	
Breakfast	Bacon + Scrambled Eggs	Paleo Cereal	Paleo Breakfast Bars	Canadian Bacon + Eggs	Spinach + Strawberry Smoothie	Hard Boiled Eggs	Paleo Cereal	Bake Paleo Breakfast Bars
Lunch	Baked Sweet Potatoes with Veggies	Salad with Chicken	Salad with Chicken	Leftovers - Barbacoa	Bacon + Avocado Salad	Leftovers - Ground Beef + Sweet Potato	Meat + Veggie Lunch	Cook + Freeze Extra Soup
Dinner	Meatballs + Zoodles	Sweet Potato Leek Soup	Beef Barbacoa	Flank Steak + Asparagus Stir Fry	Ground Beef + Sweet Potato and Peppers	Ground Beef Zuchinni Onion Skillet	Burgers + Sweet Potato Fries + Salad	Slow Cook Chicken for Salads + prep veggies
	Sunday - 12	Monday - 13	Tuesday - 14	Wednesday - 15	Thursday - 16	Friday - 17	Saturday - 18	
Breakfast	Spinach + Strawberry Salad	Bacon + Eggs	Paleo Breakfast Cookies	Pineapple Smoothie	Canadian Bacon + Fried Egg	Paleo Cereal	Mixed Fruit Smoothie	Bake Paleo Breakfast Cookies
Lunch	Lettuce Wraps	Meat + Veggie Lunch	Leftovers - Piccadilla	Salad with Steak	Tuna and Veggies	Chicken Mango Salad	Leftovers Fajitas with sweet potato chips	Prep Veggies for Salad
Dinner	Chicken + Kale Stew in the slow cooker	Paleo Cuban Piccadilla	BBQ Bacon Wrapped Chicken with Roasted Veggies	Beef + Broccoli Stir Fry	Mediterranean Chicken	Chicken Fajitas	Pot Roast and vegetables	
	Sunday - 19	Monday - 20	Tuesday - 21	Wednesday - 22	Thursday - 23	Friday - 24	Saturday - 25	
Breakfast	Hard Boiled Eggs	Pineapple Smoothie	Canadian Bacon + Eggs	Paleo Pumpkin Muffins	Egg and Veggie Scramble	Blueberry Almond Milk Smoothie	Bacon + Fried Egg	Bake Paleo Pumpkin Muffins
Lunch	Paleo Soup - Chicken	Leftover - BBQ	Leftovers - Ground Beef + Sweet Potatoes	Meat + Veggie Lunch	Veggie Taco Salad	Greek Salad	Leftovers - Chili	Prep Veggies for Salads
Dinner	BBQ Pulled Pork with veggies	Ground Beef + Sweet Potato and Peppers	Chicken Taco Salad	Spaghetti Squash and Bolognese Sauce	Chicken Fajitas	Beanless Beef Chili	Burgers + Sweet Potato Fries + Salad	
	Sunday - 26	Monday - 27	Tuesday - 28	Wednesday - 29	Thursday - 30	Friday	Saturday	
Breakfast	Canadian Bacon + Veggie Eggs	Paleo Cereal	Bacon + Scrambled Eggs	Almond Milk + Blueberry Smoothie	Paleo Cereal			Prep Veggies for Salad
Lunch	Sweet Potato Salad	Salad with Steak	Baked Sweet Potatoes topped with Bacon + Avocado	Leftovers - Beef Stew	Leftover - Chicken Curry			
Dinner	Steak + Roasted Veggies	Chicken Stir Fry	Beef Stew	Chicken Curry	Barbacoa			