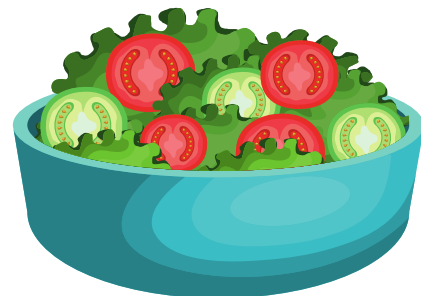


WHOLE 30

WEEKDAY MEAL IDEAS



MON

Pesto Chicken

Bake Chicken Breast topped with compliant pesto at 375 for 25 minutes or until cooked through. Serve with steamed veggies.

TUE

Deconstructed Fajitas

Add olive oil & thinly sliced onion & bell peppers to a saucepan saute on medium heat until tender. Add 1 pound raw shrimp seasoned with compliant Mexican Seasoning and cook through. Serve with avocado.

WED

Zoodles with Meat Sauce

Brown 1 pound great beef or turkey over medium heat until cooked through. Mix in compliant marinara to create a meat sauce. Serve over spiralized, sauteed zucchini. .

THU

Burgers and Homemade Fries

Season 1 pound ground Beef with your favorite seasoning, then shape into 4 patties. Grill on a cast iron skillet and serve on lettuce wraps. Slice russet or gold potatoes in long wedges and bake at 400 degrees for 30 minutes, flipping once.

FRI

Breakfast Bowl for Dinner

Add your shredded brussels sprouts and mushrooms to a skillet and saute to desired tenderness. In another pan, fry 2 eggs to desired doneness and serve over veggies.
