

# WHOLE 30 | WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Butternut Squash Hash with Eggs (page 77 of Paleo in 28 by Swanhart) <http://cavegirlinthecity.com/paleo-in-28-butternut-squash-hash/>

Leftovers:  
Butternut Squash Hash and Eggs

Mexican Frittata (Pg 206 of Whole30)

Leftovers:  
Mexican Frittata

Scrambled Eggs with leftover Pork Tenderloin and Avocado

LUNCH

Leftovers:  
Cracklin' Chicken w/ Broccoli. (From nom nom paleo <http://nomnompaleo.com/post/106977859158/whole30-day3-cracklin-chicken>)

Leftovers: Shrimp Scampi with Zoodles

Leftovers: Walnut Crusted Pork Tenderloin with Asparagus and Sweet Potatoes

Leftovers: Paleo Pad Thai

Leftovers:  
Shepard's Pie

DINNER

Shrimp Scampi with Zoodles (Pg 169 or Paleo 28 \*use ghee instead of butter)

Walnut Crusted Pork Tenderloin with Asparagus and Sweet Potatoes (Pg 253 in Whole30)

Paleo Pad Thai: <http://meljoulwan.com/2011/05/08/paleo-pad-thai/>

Shepard's Pie (Pg 350 of Whole30-\* you can use Sweet Potatoes, regular Potatoes, or Cauliflower mash)

Halibut with Citrus Ginger glaze, Cauliflower Rice and Cabbage slaw (Pg 241 of Whole30)