

## Whole30 Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Italian Frittata (pg 206 of Whole30 book)	Leftover Italian Frittata	Twice Baked Sweet Potatoes with eggs	Leftover Twiced baked sweet potato with eggs	Scrambled eggs with avocado, salsa and fruit
<b>Lunch</b>	Harvest Salad (pg 232 of Whole30)	Leftovers from Dinner	Leftovers from Dinner	Leftovers from Dinner	Leftovers from Dinner
<b>Dinner</b>	Roasted Chicken thighs with roasted butternut squash and brussels sprouts	Turkey Meatloaf with mashed potatoes and green beans	Bison Chilli served in acorn squash	Chicken thigh meatballs in marinara sauce served over spaghetti squash (pg 226 of Whole30)	Flank Steaks with chimchiurri and roasted potatoes

\*optional snacks: cashews, boiled eggs, Whole30 approved Lara Bars, Whole30 approved Epic jerky, olives, apples or clementines