

Whole30 Meal Plan

This Whole30 meal plan doesn't cover all thirty days. It doesn't even cover a week. What it does do is give you an idea of what Whole30 looks like for a day. For most folks, that's three meals – because there are no snacks on Whole30. And dessert is sex with your pants on.

When doing Whole30, know that meal plans are non-negotiable. You will need them. You will use them. And they'll make your life easier. What's more, according to Melissa Hartwig, co-founder of Whole30 – label reading and meal planning are two good habits that will stick with you. Long after day thirty.

And if you're too busy to think about a "real" meal plan that carries you through the month, [let us do the work for you](#).

Breakfast

- Chicken and bacon with spinach

Lunch

- Philly steak lettuce cups
- Savory winter salad

Post-workout

- Loaded sweet potatoes

Dinner

- Classic pot roast with root veggies

Timeline

Day before

- Make something delicious with a whole chicken, like this slow cooker roast chicken with lemon and garlic.
- Strip chicken of leftover meat and pack away from tomorrow's breakfast.
- Start chicken stock in slow cooker using chicken carcass.

Evening before

- Bake a batch of sweet potatoes and store in the refrigerator when cool.
- Roast squash and beets for tomorrow's salad.
- Defrost the bacon and beef chuck roast, if frozen.

Morning

- Prepare the chicken and bacon with spinach.
- Put steak for Philly steak lettuce cups in the freezer to harden.

Afternoon

- Make Philly steak lettuce cups.
- Assemble savory winter salad.
- Finish making loaded sweet potatoes after working out.
- Start roast in oven.

Evening

- Drain and store chicken stock.
- Finish making classic pot roast.

Shopping List

Produce

- avocado – 2
- baby spinach – 1 pound
- beets – 2, medium sized
- broccoli floret – 1 cup
- butternut squash – small
- carrots – 2 pounds
- cremini mushrooms – 1/2 pound
- garlic – 1 head
- green beans – 1 pound
- green onions – 8
- onions – 5
- potatoes – 2 pounds
- romaine lettuce – 1 head
- seasonal salad greens – 4 ounces
- sweet potatoes – 6

Spices

- bay leaf
- coarse sea salt
- dried thyme
- ground black pepper

Vinegar and oils

- apple cider vinegar
- balsamic vinegar
- extra virgin olive oil

Other

- filtered water – 2 1/4 quarts

Meat and seafood

- bacon – 16 ounces
- bacon fat – 17 ounces
- beef chuck roast – 5 pounds
- beef stock – 2 cups
- bones skin and giblets from 1 roast chicken
- chicken breasts – 4
- chicken stock – 3/4 cup
- prosciutto – 4 ounces
- rib eye steaks – 1 1/2 pounds

Sweeteners and baking supplies

- arrowroot – 1 tablespoon

Canned and jarred goods

- tomato paste – 2 tablespoons

Chicken and Bacon with Spinach

Ingredients

- 8 ounces bacon
- 4 chicken breasts, or use leftover chicken from previous meal
- 1 pound baby spinach, prewashed

Instructions

1. Bring a large sauce pan half filled with filtered water to a boil. Blanch baby spinach in boiling water for just a few seconds.
2. Drain and plunge spinach in a bowl of ice water. Drain again. Using clean hands, squeeze all excess water out of the spinach. When most of the liquid is removed, break apart the spinach and set aside.
3. Pull bacon apart into strips. In a large skillet over medium high heat, fry the bacon until crispy.
4. While the bacon is cooking, prepare the chicken. If you are using raw chicken breasts, chop into one inch cubes. If you are using leftover chicken, remove from the bones and shred using your fingers.
5. When bacon is crispy, remove to a paper towel-lined plate to drain. Pour most of the bacon grease (leave about 3 T.) through a fine metal sieve into a clean mason jar. Allow to cool on the countertop to room temperature, then cover and store in the fridge to use for frying in a future meal.
6. Add the chicken to the remaining bacon grease and saute until cooked through (just until warm if using leftover chicken). Add the cooked and drained spinach and continue cooking until uniformly hot.
7. Serve immediately.

Philly Steak Lettuce Cups

Ingredients

- 1 1/2 pounds rib eye steak
- 2 onions
- 1/2 pound cremini mushrooms
- 3 tablespoons bacon fat
- coarse sea salt, to taste
- 1 head romaine lettuce

Instructions

1. If your steak is not frozen, freeze it overnight so you can slice it thinly. Remove from freezer and using your sharpest knife, slice the steak as thinly as possible. Slice the onions.
2. In a skillet over medium high heat, sauté the onions and mushrooms in bacon fat. Remove to a plate.
3. Turn heat to high. Add the rib eye steak and season generously with sea salt. Cook for a couple of minutes until browned.
4. Replace veggies into the pan with the meat and reduce heat to low. Cover and cook for about 2 minutes.
5. Wash and separate the leaves of lettuce and serve the veggie and meat mix in the lettuce leaves.

Savory Winter Salad

Ingredients

For squash:

- 1 small butternut squash
- extra virgin olive oil
- coarse sea salt
- ground black pepper

For salad:

- 2 medium beets
- 4 ounces mixed seasonal salad greens

- 4 green onions
- 4 ounces prosciutto
- 2 avocados
- 1/4 cup balsamic vinegar
- 1/2 teaspoon coarse sea salt
- 1/4 teaspoon ground black pepper
- 3/4 cup extra virgin olive oil

Instructions

1. Preheat oven to 400F.
2. Peel butternut squash, remove seeds, and cut into 1 inch chunks.
3. Place squash onto a baking sheet lined with silpat or parchment paper. Drizzle with some oil and season with sea salt and black pepper.
4. Peel beets and cut into 1 inch chunks, place in a roasting pan with a layer of filtered water. Roast squash and beets for about 40 minutes or until both are soft when punctured with a fork. Remove from oven and cool while you prepare the rest of the salad.
5. Place washed salad greens in a large bowl. Mince the green onions, roll the prociutto and cut each roll into thirds. Peel and chop avocados. Add all of these ingredients to the salad greens. When the squash and beets are cooled, add them too.
6. In a small jar, combine balsamic vinegar, sea salt, and olive oil. Shake to combine well. Drizzle atop salad to your taste and serve.

Loaded Sweet Potatoes

Ingredients

- 8 ounces bacon, or use leftover meat or chili
- 4 green onions
- 6 sweet potatoes, (one and a half per person)
- 1 cup broccoli floret
- 12 ounces bacon fat, coconut or olive oil
- 3/4 cup chicken stock

Instructions

1. Preheat oven to 400°F.
2. Chop pulled pork or bacon into slivers. Chop green onions.
3. Cook optional bacon slivers and drain on paper towel.
4. Wash potatoes and puncture several times with a fork.
5. Mince the broccoli finely and set aside.
6. Place the potatoes in a non-reactive baking dish, and bake for about 1 hour. (The potatoes are fully cooked when they are soft when you gently squeeze them. Use an oven mitt – they're hot!).
7. Remove potatoes from oven.
8. Using a clean towel to hold the hot potatoes, carefully slit open the potato lengthwise taking care to avoid burning yourself on the steam.
9. With a soup spoon, scoop out the flesh into a large bowl, taking care not to demolish the skins if possible. Set skins aside.
10. To the hot potatoes, add minced broccoli and fat of your choice. Mash together until fat is melted and the broccoli is steamed to bright green in the heat of the potatoes.
11. Add broth and blend well.
12. Gently spoon potato mixture back into the skins.
13. Placed stuffed potatoes back into shallow baking dish.
14. Top with shredded pork or bacon.
15. Broil on high for 3-5 minutes.
16. Transfer to plates, and serve topped with chopped green onions.

Classic Pot Roast with Root Veggies

Ingredients

- 2 tablespoons bacon fat, or coconut oil
- 1 tablespoon arrowroot
- 1 pound green beans, or sub veggie of choice if intro stage
- 2 pounds white sweet potatoes
- 2 pounds carrots
- 2 teaspoons dried thyme
- 2 bay leaves
- 2 cups beef stock, or chicken stock
- 6 cloves garlic
- 3 onions
- 2 teaspoons coarse sea salt
- 5 pounds beef chuck roast
- 2 tablespoons filtered water

Instructions

1. Preheat oven to 350F. In a dutch oven over medium-high heat, heat bacon fat or coconut oil. Sprinkle roast all over with half the salt. Place in pan, and brown on all sides, about 10 minutes.
2. Turn meat fat side up.
3. Cut onion into large wedges. Chop garlic.
4. Add stock, onions, garlic, bay leaves, and thyme. Bring to a simmer on the stove top, then cover and put in the oven; roast for 3 hours.
5. Wash carrots and sweet potatoes and chop into 1 1/2 inch chunks. Wash green beans, if using, and trim ends.
6. Add carrots and sweet potatoes, and cook until vegetables are tender, about 1 hour more.

7. Add the green beans and cook until tender.
8. Transfer the roast and veggies to a platter.
9. Mix arrowroot powder and water.
10. Over medium heat on the stove top, slowly pour the arrowroot/water mixture into the broth while whisking until a nice gravy results.
11. Cut the roast into thick slices, and serve with the vegetables and gravy on the side.