

Dec 28 – Jan 3

| Mon 28   | Tue 29   | Wed 30  | Thu 31  | Fri 1   | Sat 2  | Sun 3   |
|--|--|---|---|---|--|---|
| Breakfast<br>Cinnamon Banana Chia Seed Pudding<br>Poached Eggs   | Breakfast<br>Garlic Pickled Eggs<br>Carrots<br>Almond Butter   | Breakfast<br>Chia Pudding with Blackberries, Coconut and Pistachios                   | Breakfast<br>Pickled eggs, carrots, almond butter   | Breakfast<br>Twice Baked Breakfast Sweet Potatoes<br>Coconut flakes   | Breakfast<br>Leftover Breakfast Sweet Potatoes<br>Coconut flakes   | Breakfast<br>Chia Pudding with Blackberries, Coconut and Pistachios |
| Lunch<br>Jacqui's Super Simple Fish Tacos<br>Roasted potatoes  | Lunch<br>Chicken and Cauliflower Fried Rice<br>Cashews   | Lunch<br>Jacqui's Super Simple Fish Tacos<br>Roasted potatoes                         | Lunch<br>Leftover fried rice<br>Cashews   | Lunch<br>Leftover beef stew<br>coconut flakes & pecans  | Lunch<br>Breakfast Salad   | Lunch<br>Leftover Breakfast Salad                                   |
| Supper<br>Greek Meatballs with Avocado Tzatziki Sauce<br>Apple<br>Mushrooms  | Supper<br>Crock Pot Buffalo Chicken Lettuce Wraps<br>olives, spoon coconut butter  | Supper<br>Leftover Buffalo Chicken<br>olives, spoon coconut butter<br>Dates           | Supper<br>Crockpot Gluten Free Beef Stew<br>coconut flakes & pecans   | Supper<br>Spaghetti Squash with Paleo Meat Sauce<br>Berries<br>olives, spoon coconut butter   | Supper<br>Leftover Spaghetti Squash<br>olives, spoon coconut butter  | Supper<br>Take out - Chipotle with Whole30 ingredients              |
| Snacks   | Snacks   | Snacks  | Snacks  | Snacks  | Snacks   | Snacks  |
| Notes<br>1 YELLOW, 1 RED, 1 BLUE, 1 GREEN<br>(12/28) Jacqui's Super Simple Fish Tacos<br>1 RED<br>(12/28) Poached Eggs<br>Whole30 - skip sour cream.<br>(12/28) Greek Meatballs with Avocado Tzatziki Sauce<br>1 PURPLE<br>(12/28) Apple<br>1 GREEN<br>(12/28) Mushrooms | Notes<br>1/2 RED per egg<br>(12/29) Garlic Pickled Eggs<br>Whole30-skip peas & sherry<br>(12/29) Chicken and Cauliflower Fried Rice<br>1 GREEN<br>(12/29) Carrots<br>1 GREEN, 1 RED, 1 TSP<br>(12/29) Chicken and Cauliflower Fried Rice<br>1 TSP<br>(12/29) Almond Butter<br>1 RED, 1 GREEN, 1 ORANGE<br>(12/29) Crock Pot Buffalo Chicken Lettuce Wraps<br>Make this the night before serving.<br>(12/30) Chia Pudding with Blackberries, Coconut and Pistachios | Notes<br>1 YELLOW, 1 RED, 1 BLUE, 1 GREEN<br>(12/30) Jacqui's Super Simple Fish Tacos | Notes<br>Whole30-use beef broth instead of wine.<br>(12/31) Crockpot Gluten Free Beef Stew<br>Bake sweet potatoes and mash ahead of time.<br>(1/1) Twice Baked Breakfast Sweet Potatoes | Notes<br>1 RED 1 GREEN 1 PURPLE<br>(1/1) Spaghetti Squash with Paleo Meat Sauce<br>1 PURPLE<br>(1/1) Berries<br>Sprinkle with unsweetened shredded coconut (1 ORANGE).<br>(1/1) Berries | Notes<br>1 GREEN, 1/2 RED, 1 BLUE, 1 ORANGE, 1/2 TSP<br>(1/2) Breakfast Salad<br>Make this the night before serving.<br>(1/3) Chia Pudding with Blackberries, Coconut and Pistachios | Notes   |

