

My Whole30 Meal Plan - Week Three

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Breakfast	Lara Bar	Sunny side up eggs	Lara Bar & 1/2 banana	2 Eggs w/Avocado	Banana & Almond Butter Muffins	Sunny side up eggs & vegetables	Bananna Almond Butter Muffin & Pineapple
Lunch	Fresh Fruit Plate	Chicken Salad w/Tessamae's Mayo & Avocado	Turkey Cobb Salad	Salmon Cakes	Leftover Salmon Cakes	Egg Salad	Chicken w/Leftover Spaghetti Squash Fritter
Dinner	Roast Chicken w/Potatoes	Ground Turkey & Cauliflour in the Skillet	Leftover Ground Turkey in the Skillet	Frittata	Halibut & Asparagus	Spaghetti Squash Fritters & Chicken	Chicken Thighs w/Olives
Snacks	cashews	cashews	apple	Banana Almond Butter Muffin	Apple	Cashews	Apple

*note the 4th day of each week for me is a Friday during Lent so that day will always be meat-free for me

