

kk+f



whole30 edition | august 1 - 7, 2020

KAYLA'S KITCH AND FIX



THE LINE UP

Below you'll find recommendations for a week full of delicious and nourishing KK&F Whole30 meals. It's likely that you'll have leftovers, which is why there aren't seven different recipes to fill each day of the week.

Fill in the meal plan at the end of this document to map out your week and feel free to enjoy the following on whichever day of the week works best for you! If you'd like to swap out a recipe, check out my blog for lots of additional options. Now, let's get cooking!

BREAKFAST —

Hash Brown Egg Cups

Classic Breakfast

(bacon, eggs and potatoes your way, but don't forget the greens!)

Vanilla Latte w/ Collagen

LUNCH —

Chicken Salad Lettuce Wraps

Mom's Marinated Chicken w/ Side Salad

Steak Salad w/ Chimichurri

SNACKS —

Brussels Sprout Chips w/ Special Sauce

Fruit & Nuts

(I'm choosing nectarines & cashews)

DINNER —

General Tso's Chicken w/ Broccoli

BBQ Chicken w/ Sweet Potato Fries, Cole Slaw & Broccoli Salad

Burgers w/ Potato Waffle Buns & Side Salad



GROCERY LIST

*The below is a list of the groceries that are needed to make the meals outlined in this week's plan.
Please visit whole30.com for the official list of compliant groceries to look out for.*

PROTEIN —

- Bacon* (2)
- Beef
- Chicken (4)
- Eggs (12)
- Steak

HERBS —

- Basil
- Cilantro
- Green Onion
- Oregano
- Parsley
- Rosemary
- Thyme

PANTRY —

- Almond Milk*
- Apple Cider Vinegar
- Avocado Mayo*
- Avocado Oil
- BBQ Sauce*
- Cashews*
- Cassava Flour
- Celery Salt*
- Chicken/Veggie (Bone) Broth*
- Clarified Butter/Ghee
- Coconut Aminos
- Coconut Milk*
- Coffee*
- Collagen*
- Dijon Mustard*
- Dried Basil*
- Dried Parsley*
- Garlic Powder*
- Ketchup*
- Onion Powder*
- Pickles*
- Red Wine Vinegar*
- Rice Vinegar*
- Relish*
- Sesame Seeds
- Sesame Oil*
- Sunflower Seeds*
- Tapioca Starch
- Walnuts*

VEGGIES —

- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Cucumber
- Garlic
- Greens
- Lettuce
- Onions/Shallots
- Potatoes (5)
- Spinach
- Sweet Potatoes/
Yams (2)
- Tomatoes

FRUIT —

- Avocado
- Grapes
- Lemons (3)
- Nectarines

**Check ingredients to ensure it is compliant/there are no additives.*

