

kk+f



WEEKLY

MEAL

PLAN

*whole30 edition | august 10 - 16, 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 —

Quiche

*(double the recipe to enjoy all week!)*

Cold Brew w/ Vanilla Coconut Creamer  
& Collagen

## LUNCH —

Chopped Salad w/ Mustard Vinaigrette

Cassava Flour Fried Chicken "Unwich"  
w/ Coleslaw

Asian Turkey Lettuce Wraps

## SNACKS —

Deviled Eggs

Apple w/ Almond Butter & Cinnamon

## DINNER —

Burger Bowl

Creamy Spaghetti Squash w/ Prosciutto  
& Peas

Pineapple Chicken w/ Bell Pepper



# 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](http://whole30.com) for the official list of compliant groceries to look out for.*

## PROTEIN —

- Bacon\*
- Chicken (3)
- Chicken Sausage
- Eggs (2 dozen)
- Ground Beef
- Ground Turkey
- Prosciutto\*

## VEGGIES —

- Artichoke Hearts
- Broccoli Slaw (or shredded carrots)
- Butter Lettuce
- Cabbage/Coleslaw Mix
- Carrots, shredded
- Celery
- Cucumber
- Garlic
- Onion
- Peas
- Pepperoncini
- Potatoes (4)
- Red Onion
- Romaine (4 bunches)
- Shallot
- Spaghetti Squash
- Spinach
- Tomatoes, cherry

## HERBS —

- Basil
- Green Onion

## FRUIT —

- Apples
- Lemons (2)
- Pineapple, canned\*

## PANTRY —

- Almond Milk\*
- Apple Cider Vinegar
- Avocado Mayo\*
- Avocado Oil
- Cashews\*
- Cassava Flour
- Cinnamon
- Coconut Aminos
- Coconut Milk\* (3)
- Coffee\*
- Collagen\*
- Dijon Mustard\*
- Dried Parsley\*
- Garlic Powder\*
- Ketchup\*
- Mustard\*
- Onion Powder\*
- Pickles\*
- Rice Vinegar\*
- Relish\*
- Sesame Seeds
- Sesame Oil\*
- Tapioca Starch
- Vanilla Extract\*
- Water Chestnuts

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

week: \_\_\_\_\_

# MEAL PLAN

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TUES

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## GROCERIES

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