

kk+f



WEEKLY

MEAL

PLAN

whole30 edition | august 17 - 23, 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 —

Classic Breakfast

(bacon, eggs, greens and potatoes served up your way)

Sweet Potato Breakfast Hash

(sick of eggs? serve with compliant sausage instead!)

LUNCH —

Buffalo Chicken Salad w/ Ranch Dressing

Burger Bowl

Chicken Milanese

SNACKS —

Snack Plate

(hard boiled egg, raw veggies, compliant nuts like cashews and healthy fat like avocado or olives)

Deli Meat Lettuce Wrap

*(fresh lettuce, compliant deli meat and mustard/
compliant mayo)*

DINNER —

Orange Chicken & Steamed Broccoli

Steak w/ Chimichurri, Side Salad & No Mayo Potato Salad

Spaghetti Squash Chicken Pad Thai



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* (1-2)
- Chicken (4)
- Deli Meat*
- Eggs (2 dozen)
- Ground Beef
- Sausage*
- Steak

HERBS —

- Basil
- Chives
- Cilantro
- Dill
- Green Onion
- Parsley
- Thyme

PANTRY —

- Almond Butter*
- Almond Milk*
- Apple Cider Vinegar
- Avocado Mayo*
- Avocado Oil
- Buffalo Sauce*
- Cashews*
- Cassava Flour
- Coconut Aminos
- Coconut Milk* (2)
- Coffee*
- Collagen*
- Dijon Mustard*
- Garlic Powder*
- Ghee*
- Ground Ginger*
- Ketchup*
- Mustard*
- Olives*
- Olive Oil
- Onion Powder*
- Paprika
- Pickles*
- Red Wine Vinegar*
- Relish*
- Rice Vinegar*
- Sesame Seeds
- Tapioca Starch

VEGGIES —

- Avocado
- Broccoli
- Broccoli Slaw
- Carrots, shredded
- Celery
- Cucumber
- Garlic
- Lettuce (Romaine)
- Mixed Greens
- Onion
- Potatoes (4)
- Red Onion
- Red Skin Potatoes (6)
- Shallot
- Spaghetti Squash
- Spinach
- Sweet Potatoes (3-4)
- Tomatoes, cherry

FRUIT —

- Lemons (4)
- Limes (2)
- Oranges (3)

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

week: _____

MEAL PLAN

MON

B _____
L _____
D _____

TUES

B _____
L _____
D _____

WED

B _____
L _____
D _____

THURS

B _____
L _____
D _____

FRI

B _____
L _____
D _____

SAT

B _____
L _____
D _____

SUN

B _____
L _____
D _____

GROCERIES

