

kk+f



whole30 edition | august 24 - 30, 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

Sweet Potato Waffle Breakfast Sammy

LUNCH —

Asian Inspired Meatballs w/ Broccoli & Pine Nuts

Spinach Artichoke Chicken

Pineapple Chicken Lettuce Wraps w/ Coleslaw

SNACKS —

Hard Boiled Egg & Brussels Sprout Chips

Mixed Berries w/ Almond Butter,
Unsweetened Coconut Flakes & Cinnamon

DINNER —

Chili Ranch Loaded Sweet Potato Fries

Cassava Flour Breaded Chicken over Salad
*(your choice! I love it with arugula, carrots,
cucumber and lemon/avocado oil drizzle)*

Steak w/ Chimichurri Sauce &
Crispy Bacon & Chive Smashed Potatoes



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)
- Chicken (3-4 lbs)
- Eggs (2 dozen)
- Ground Beef (3 lbs)
- Steak

HERBS —

- Chives
- Cilantro
- Dill
- Green Onion
- Parsley

PANTRY —

- Almond Butter*
- Almond Flour
- Almond Milk*
- Apple Cider Vinegar
- Avocado Mayo*
- Avocado Oil
- Cassava Flour
- Chicken Broth*
- Chili Powder
- Coconut Aminos
- Coconut Milk* (3)
- Cumin
- Garlic Powder*
- Ghee*
- Ground Ginger*
- Ketchup*
- Mustard*
- Nutritional Yeast*
- Olive Oil
- Onion Powder*
- Paprika
- Pine Nuts
- Red Wine Vinegar*
- Rice Vinegar*
- Sesame Seeds
- Sesame Oil
- Tapioca Starch/Flour
- Water Chestnuts

VEGGIES —

- Artichoke, canned
- Avocados
- Broccolini
- Brussels Sprouts
- Carrots, shredded
- Coleslaw Mix
- Cucumber
- Garlic
- Greens (your choice!)
- Lettuce (for wraps)
- Onion (2)
- Potatoes (2)
- Potato Medly (bag of mini/super small)
- Red Onion
- Shallot
- Spinach
- Sweet Potatoes (4)
- Tomatoes, canned & diced
- Tomatoes, cherry

FRUIT —

- Berries
- Lemons (3)
- Limes (2)
- Pineapple, canned

**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

