

Whole30 Meal Plan

Eat three meals per day, starting with a good breakfast. Base each meal around 1-2 palm-sized protein sources. Fill the rest of your plate with vegetables. Occasionally add a serving of fruit. Remember your fat!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:
Lunch	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:
Dinner	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit:	Meat: Veggie: Veggie/Fruit: