

# whole30mealplan

## BREAKFAST

## LUNCH

## DINNER

DAY  
#1

Scrambled eggs with spinach, avocado slices, fresh berries

Grilled chicken salad with mixed greens, cucumber, cherry tomatoes, olive oil + balsamic vinegar dressing

Pan-seared salmon with roasted Brussels sprouts and sweet potato wedges

DAY  
#2

Sweet potato hash with ground turkey, top with fried eggs

Lettuce wraps with tuna salad (made with compliant mayo), baby carrots

Grilled pork chops with cauliflower mash and sautéed green beans

DAY  
#3

Hard-boiled eggs, fresh fruit (apple or orange), raw almonds

Shrimp stir-fry with zucchini noodles and coconut aminos

Beef burger patties (no bun) with roasted asparagus and avocado slices

DAY  
#4

Omelette with mushrooms, peppers, onions, cooked in ghee

Leftover pork chops with a side of arugula and lemon vinaigrette

Roasted chicken thighs with butternut squash and steamed broccoli

DAY  
#5

Mashed avocado on roasted sweet potato slices, topped with poached eggs

Turkey meatballs with marinara sauce (Whole30-compliant) over spaghetti squash

Grilled steak with mixed veggie medley (zucchini, peppers, onions)

DAY  
#6

Chia pudding made with almond milk, chia seeds, and fresh berries

Cobb salad with grilled chicken, hard-boiled egg, avocado, olive oil dressing

Baked salmon with roasted carrots and kale salad

DAY  
#7

Breakfast sausage (Whole30-compliant) with sautéed kale and fried eggs

Zucchini boats stuffed with ground beef, diced tomatoes, Italian spices

Lemon herb chicken breast with roasted cauliflower and sweet potatoes

## QUICK TIPS

**Meal Prep:**  
Double up recipes to save leftovers for lunches or quick dinners.

**Batch Cook Protein:**  
Grill or bake multiple portions of chicken, steak, or salmon for easy meal assembly.

**Keep Snacks Handy:**  
Hard-boiled eggs, nuts, and compliant jerky are lifesavers when hunger strikes.

building  
better  
health

# whole30mealplan

## BREAKFAST

## LUNCH

## DINNER

NOTES:

DAY  
#8

Smoothie  
with unsweetened  
almond milk,  
spinach, berries,  
compliant collagen  
powder

Leftover  
lemon herb chicken  
with cucumber and  
avocado salad

Garlic shrimp with  
sautéed zucchini  
noodles, roasted  
cherry tomatoes

DAY  
#9

Frittata  
with spinach,  
tomatoes, sausage,  
baked in oven

Tuna  
salad over mixed  
greens with olive oil  
+ balsamic vinegar

Pan-fried cod with  
roasted sweet  
potatoes + sautéed  
green beans

DAY  
#10

Scrambled  
eggs with diced bell  
peppers, avocado  
slices

Grilled  
chicken with  
roasted cauliflower,  
tahini sauce

Bison burger patties  
(no bun) with  
roasted Brussels  
sprouts + baked  
sweet potato

DAY  
#11

Sweet  
potato hash with  
ground beef, onions,  
fried egg on top

Grilled  
salmon salad with  
arugula, avocado,  
lemon olive oil  
dressing

Roasted chicken  
drumsticks with  
garlic mashed  
cauliflower +  
sautéed spinach

DAY  
#12

Egg  
muffins made with  
spinach, diced bell  
peppers, compliant  
sausage

Lettuce  
wraps with pulled  
pork, cucumber  
slices with  
guacamole

Grilled lamb chops  
with roasted  
zucchini, cucumber  
tomato salad

DAY  
#13

Hard-boiled  
eggs with fresh fruit  
(orange or berries),  
walnuts

Zucchini  
noodles with  
shrimp, creamy  
avocado sauce

Beef stew with  
carrots, celery,  
onions, potatoes  
(w/bone broth)

DAY  
#14

Breakfast sausage  
patties (Whole30-  
compliant) with  
sautéed kale and  
scrambled eggs

Grilled chicken  
breast with roasted  
Brussels sprouts,  
butternut squash

Pan-seared cod with  
steamed broccoli,  
mashed sweet  
potatoes

building  
better  
.health

# whole30shoppinglist

## Proteins

- Chicken 4–5 lbs boneless, skinless chicken breasts
- 2–3 lbs chicken thighs/drumsticks
- 1 whole chicken (optional for variety)
- Beef 3–4 lbs ground beef (grass-fed, if possible)
- 2–3 lbs beef stew meat
- 2–3 beef steaks (ribeye, sirloin, etc.)
- Pork 2–3 lbs pork chops
- 1–2 lbs pulled pork (or pork shoulder)
- Seafood - 2–3 lbs salmon fillets
- 1–2 lbs cod fillets
- 1–2 lbs shrimp (peeled and deveined)
- Lamb (2–3 lamb chops)
- Other Proteins 1–2 lbs Whole30-compliant breakfast sausage
- 1 pack of Whole30-compliant bacon
- 12–18 eggs per week (estimate 36 eggs for 14 days)

## Fats

- Cooking Oils and Fats 1 bottle of olive oil (extra virgin)
- 1 jar of coconut oil
- 1 small jar of ghee or clarified butter (Whole30-compliant)
- Other Healthy Fats 1–2 avocados per week (or more, depending on preference)
- 1 small bag of raw almonds, walnuts, or cashews (unsalted, Whole30-compliant)

## Vegetables

- Leafy Greens 2–3 heads of romaine lettuce
- 1 large bag of mixed greens or arugula
- 1 bunch of spinach
- 1 bunch of kale
- Starchy Vegetables 8–10 sweet potatoes
- 4–5 white or Yukon gold potatoes
- Cruciferous Vegetables 2–3 heads of cauliflower
- 2–3 lbs Brussels sprouts
- 1–2 heads of broccoli
- Other Vegetables 6–8 bell peppers (mix of colors)
- 4–5 zucchinis
- 4–5 carrots
- 2 cucumbers
- 1–2 large onions (yellow or white)
- 1 red onion
- 2–3 avocados (more if you love avocado)
- 1–2 small eggplants (optional for variety)
- 1–2 cups cherry or grape tomatoes

## Fruits

- 6–8 apples (Fuji, Gala, or Granny Smith)
- 2–3 oranges or tangerines
- 2–3 bananas
- 1–2 containers of fresh berries (strawberries, blueberries, or raspberries)
- 1 lemon and 1 lime (for dressings and flavor)

# whole30shoppinglist

## Pantry Staples

- Coconut aminos (as a soy sauce substitute)
- Whole30-compliant marinara sauce (check labels for added sugar)
- Whole30-compliant mayo (or ingredients to make your own: eggs, olive oil, lemon juice, mustard powder)
- Bone broth (chicken or beef, make sure it's compliant)
- **Spices:** sea salt, black pepper, garlic powder, onion powder, paprika, chili powder, Italian seasoning, cinnamon, turmeric

## Snacks (optional but handy!)

- Whole30-compliant beef jerky or meat sticks
- Raw nuts or seeds (almonds, sunflower seeds, etc.)
- Hard-boiled eggs
- Guacamole or compliant dips

## Optional Items for Variety

- Zucchini noodles (or a spiralizer to make your own)
- Cauliflower rice (pre-made or fresh cauliflower to DIY)
- Tahini (for sauces or dressings)
- Chia seeds (for pudding or texture in smoothies)

This grocery list covers everything you'll need to follow the 14-day Whole30 meal plan, with enough variety to keep things interesting and satisfying. Please adjust quantities based on your household size and appetite. Enjoy!



© 2025 | All Rights Reserved  
buildingbetter.health

### **MEDICAL DISCLAIMER**

The content on our website and in this meal plan is for educational and entertainment purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always consult a licensed healthcare provider before making any changes to your medications, treatments, diet, exercise regimen, or supplementation. The team at Building Better .Health are not licensed medical professionals.