

CODE:541



WHOLE30
RECIPES



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Dinner

Soups	Seafood	Poultry	Beef	Pork
Clam Chowder	Salmon w/ Blueberries and Brussels Sprouts	Creamy Lemon Chicken and Asparagus	Beef Bulgogi	Sausage Stuffed Mushrooms
Thai Chicken Coconut Soup	Fish Tacos	Teriyaki Meatballs	Sloppy Joes	Pulled Pork, Cabbage and Arugula Salad
Sweet Potato Chili	Fish and Chips	Cauliflower Rice Biryani	Zucchini Bolognese	Carrot Ginger Soup (can add sausage/protein)
Zuppa Toscana	Shrimp Stir Fry	Creamed Spinach and Chicken	Shepherd's Pie	Pork Chops with Apples
Taco Soup	Salmon Burgers	Creamy Tuscan Chicken	Beef Stroganoff	French Onion Pork Chop Skillet
Italian Wedding Soup	Spaghetti Squash Shrimp Scampi	Lemon Chicken Skillet	Steak Kabobs with Dijon Green Beans	
Curried Cauliflower Soup	Chili Lime Shrimp			

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Lunch

Wraps	Salads		Misc.	
<u>BLT Salad w/ Avocado and Sprouts</u>	<u>Berry Chicken Salad</u>	<u>Chicken Salad</u>	<u>30 Packable Lunches</u>	<u>Tuna Stuffed Avocados</u>
<u>Turkey Bacon Caesar Wraps</u>	<u>Avocado and Egg Salad</u>	<u>Chicken Salad w/ Bacon and Scallions</u>	<u>10 Whole30 Lunch Ideas</u>	<u>Chili Tuna Spiralized Spring Veggies</u>
<u>Turkey Club Wrap</u>	<u>Curried Egg Salad</u>	<u>Chicken Cobb Salad with Buffalo Ranch</u>	<u>3 Easy Whole30 Lunches</u>	<u>Almond Butter Sesame Zucchini Noodles</u>
<u>Thai Sweet Potato Lettuce Wraps</u>	<u>Taco Stuffed Zucchini Boats</u>	<u>Asian Chicken Cabbage Salad</u>	<u>Chicken Pesto with Spaghetti Sauce</u>	<u>Egg Roll in a Bowl</u>
<u>Collard Wraps 3 ways</u>				

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Breakfast

Egg-less		Eggs		
No'tmeal	Chicken and Plantain Breakfast Bowl	Chicken Apple Sausage	Breakfast Pizza Quiche	Tex Mex Breakfast Skillet
Kale, Sausage, Pepper Skillet	Oven Baked Sweet Potato Toast 4 Ways	Everything But the Bagel Breakfast sandwich	Kale and Egg Quiche with Sweet Potato Crust (leave out cheese)	Scotch Eggs
Cinnamon Crunch Grain Free Granola	Cinnamon Apple Breakfast Porridge (can leave out egg yolk)	Breakfast Casserole	Apple Coconut Breakfast Bowl	Broccoli Sausage Frittata
Cucumber and Lox Bites	Grain Free Oatmeal	Breakfast Fried Rice Bowl	Ham and Egg Cups	Sunnyside Salad (Fried Eggs on Greens)
Butternut Breakfast Meatballs	Sausage, Kale and Potato Breakfast skillet with cilantro lime sauce	Chicken and Apple Sausage with Sweet potato Hash	Sausage Breakfast Sandwich	Sweet Potato Hash and Eggs
Bacon and Veggie Breakfast Skillet	Turkey Breakfast Skillet	Steak Breakfast Hash	Sausage, Purple potato and Brussels sprouts sheet pan breakfast	Egg Bites 9 Ways