

Whole30 Meal Plan Week 1

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Week 1 Notes

S H O P W E E K 1

Produce

18 rows of checkboxes and dashed lines for produce items.

Meat

7 rows of checkboxes and dashed lines for meat items.

Refrigerated

7 rows of checkboxes and dashed lines for refrigerated items.

Frozen

5 rows of checkboxes and dashed lines for frozen items.

Pantry

15 rows of checkboxes and dashed lines for pantry items.

Seasonings

10 rows of checkboxes and dashed lines for seasonings.

Oil & Vinegar

5 rows of checkboxes and dashed lines for oil and vinegar items.

Other

5 rows of checkboxes and dashed lines for other items.

Other

5 rows of checkboxes and dashed lines for other items.

Whole30 Meal Plan Week 2

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			

Week 2 Notes

Produce

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Meat

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Pantry

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Refrigerated

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Seasonings

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Frozen

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Oil & Vinegar

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Other

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Other

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Whole30 Meal Plan Week 3

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			

Week 3 Notes

S H O P W E E K 3

Produce

- 18 dashed lines with checkboxes for produce items.

Meat

- 8 dashed lines with checkboxes for meat items.

Pantry

- 18 dashed lines with checkboxes for pantry items.

Refrigerated

- 8 dashed lines with checkboxes for refrigerated items.

Seasonings

- 10 dashed lines with checkboxes for seasonings items.

Frozen

- 5 dashed lines with checkboxes for frozen items.

Oil & Vinegar

- 5 dashed lines with checkboxes for oil & vinegar items.

Other

- 5 dashed lines with checkboxes for other items.

Other

- 5 dashed lines with checkboxes for other items.

Whole30 Meal Plan Week 4

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			

Week 4 Notes

Produce

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Meat

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Pantry

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Refrigerated

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Seasonings

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Frozen

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Oil & Vinegar

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Other

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Other

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