

Family Meal Plan

Meals	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner	Ginger Shrimp with Zucchini Noodles - Whole30 Fast&Easy	Fajita Beef Skillet - Whole30 Fast&Easy	Skillet Turkey Chili - Whole30 Fast&Easy	One Pan Bake with broc, sweet potato and chicken apple sausage	Spicy Tuna Cakes and Salad - NomNom Paleo	Pork Chops with roasted veggies	Kahula Pig - NomNom Paleo
Lunch	Hotdogs with big green salad	Ginger Shrimp with Zucchini Noodles	Fajita Beef Skillet	Skillet Turkey Chili	One Pan Bake with broc, sweet potato and chicken apple sausage	Spicy Tuna Cakes and Salad	Whatever is leftover
Breakfast	Eggs with avocado and bacon	Lettuce wrap sammies	Lettuce wrap sammies	Lettuce wrap sammies	Scrambles with kale sweet potato	Scrambles with kale sweet potato	Scrambles with kale sweet potato
Snacks Ideas:	lara bars, jerky, fruit with almond butter						
Prep Ahead	Defrost shrimp, make emergency ground beef for sweet potato lunches	Defrost ground beef	Defrost turkey			Defrost pork chops	Defrost pork roast