Week 1 & 3:

	Meals:	Shopping List:	Weekly Prep:
Monday	**Breakfast**: Granola/Frittata **Lunch**: Tuna Salad **Dinner**: Warm Vegetable Salad	Granola: Coconut flakes, almonds, cashews, pecans, chia seeds, pumpkin seeds, coconut oil, orange juice, flax seed. Tuna, celery, peppers, lettuce, spinach, avo, lemon, shallots. Yams, beets, snap peas, mushrooms, cherry tom, onion, peppers, carrots, asparagus.	Make Almond Milk Make Almond Butter Make Granola
Tuesday	**Breakfast**: Granola/Scrambled eggs **Lunch**: Beet Salad **Dinner**: Fish & Yam fries	Granola (as above), eggs, mushrooms, cherry tom, spinach, onion, bacon. Beets, spring onions, orange, pistachios. Fish, yams, lemon.	Make W30 Mayo - snack Boil eggs - snack Smoothie packs - snack
Wed'day	**Breakfast**: Granola/Frittata **Lunch**: Butternut Soup **Dinner**: Meatballs & Sauce	Frittata: Prosciutto, onion, garlic, mushrooms, spinach, eggs, coconut milk, coconut flour, cheery tom. Butternut, onion, apple, carrot, chicken broth. Parsley, lamb, onions, tomato, tomato paste, garlic, onions.	Make and freeze soup
Thursday	**Breakfast**: Granola/Scrambled eggs **Lunch**: Sweet Pot and Bacon Soup **Dinner**: Roast Chicken & Veg	Granola. Scrambled Eggs (above). Sweet Pot, bacon, chicken stock, onion, garlic, Ras el Hanout, chives. Whole chicken, lemon, carrots, onions, sweet pot, zucchini.	Make and freeze soup
Friday	**Breakfast**: Granola/Frittata **Lunch**: Chicken Avocado Salad with Cilantro & Lime **Dinner**: Chicken Sweet Pot Skins	Granola. Frittata (as above). Leftover chicken, cilantro, lime, avo, cabbage, green onion, cucumber. Yams, chicken, spinach, lime, garlic, cilantro, chipotle pepper.	
Saturday	**Breakfast**: Sweet Pot Hash w/ Egg, Tomato, Sausage **Lunch**: Fish Tacos in Lettuce Wraps **Dinner**: Bolognese on Zucchini Ribbons	Sweet pot hash, eggs, whole tom, good sausage. Fish, cabbage, radish, lime, carrots, lettuce. Mince (Bolognese) onion, carrot, tom paste, zucchini.	Have Hash pre-grated
Sunday	**Breakfast**: Sweet Pot Hash w/ Egg, Tomato, Sausage **Lunch**: Coconut Shrimp Soup **Dinner**: Elvis Burgers	Sweet Pot Hash (as above). Coconut milk, shrimp, red pepper, jalapenos, garlic, onion, tomatoes, lime, cilantro, avo. Beef, bacon, bananas.	Make and freeze soup

Snacks:

Fruit with Almond Butter
Apple and Banana Chips
Smoothies
Boiled eggs with W30 mayo
Baked sweet potato fries with W30 mayo
Cucumber and Snap Peas
Sorbet
Nuts and Seeds
Broiled Prosciutto Wrapped Asparagus

Week 2 & 4:

	Meals:	Shopping List:	Weekly Prep:
Monday	**Breakfast**: Granola/Frittata **Lunch**: Salmon Fish Tacos in Lettuce Wraps **Dinner**: Cottage Pie with Cauliflower	Granola: Coconut flakes, almonds, cashews, pecans, chia seeds, pumpkin seeds, coconut oil, orange juice, flax seed. Salmon, radish, lime, carrots, lettuce. Mince (Bolognese) onion, carrot, tom paste, cauliflower.	Make Almond Milk Make Almond Butter Make Granola
Tuesday	**Breakfast**: Granola/Scrambled eggs **Lunch**: Yam Salad **Dinner**: Paleo Pad Thai	Granola (as above), eggs, mushrooms, cherry tom, spinach, onion, bacon. Red cabbage, peppers, cucumber, carrots, broccoli, almonds, yam. Eggs, snap peas, coconut aminos, onion, spag squash, coconut milk, rice vinegar, garlic, lime, sunflower seed butter, chicken.	Make W30 Mayo - snack Boil eggs - snack Smoothie packs - snack
Wed'day	**Breakfast**: Granola/Frittata **Lunch**: Leftover Soup **Dinner**: Meatballs & Sauce	Frittata: Prosciutto, onion, garlic, mushrooms, spinach, eggs, coconut milk, coconut flour, cheery tom. Butternut, onion, apple, carrot, chicken broth. Parsley, lamb, onions, tomato, tomato paste, garlic, onions.	
Thursday	**Breakfast**: Granola/Scrambled eggs **Lunch**: Red Pepper & Tomato Soup **Dinner**: Lamb Coconut Curry on Cauliflower Rice	Granola. Scrambled Eggs (above). Red peppers, tomato, garlic, onion, basil. Whole chicken, lemon, carrots, onions, sweet pot, zucchini. Cardamom, onion, coconut milk, jalapeno peppers, basil, lamb, cauliflower.	Make and freeze soup
Friday	**Breakfast**: Granola/Frittata **Lunch**: Chick, Strawberry & Macadamia Nut Salad **Dinner**: Chicken, Bacon & Mushroom Quiche	Granola. Frittata (as above). Roast chicken, strawberry, macadamia nuts, basil, celery, lemon. Yams, chicken, spinach, lime, garlic, cilantro, chipotle pepper. Chicken, bacon, mushroom, sage, eggs, coconut milk, coconut oil.	*Cook roast chicken in morning
Saturday	**Breakfast**: Sweet Pot Hash w/ Egg, Tomato, Sausage **Lunch**: Tuna Salad **Dinner**: Avo & Bacon Burgers w/ Yam Fries	Sweet pot hash, eggs, whole tom, good sausage. Tuna, celery, peppers, spinach, lettuce, avo, lemon, shallots. Beef, onion, egg, bacon, avo, lettuce, yam.	Have Hash pre-grated
Sunday	**Breakfast**: Sweet Pot Hash w/ Egg, Tomato, Sausage **Lunch**: Ginger Zucchini Soup **Dinner**: Bolognaise on Broccoli Florets	Sweet Pot Hash (as above). Onion, garlic, ginger, zucchini, chicken broth. Mince (Bolognese) onion, carrot, tom paste, broccoli.	Make and freeze soup