

September Whole30 @tasteitwithtaylor

2020

For Breakfast:

If you are adamant about eating breakfast food during W30, I would suggest stocking up on eggs, fruit, bacon, and a healthy fat like avocado to assure you feel full throughout the day.

For lunches:

I suggest using leftovers from the meals listed out – you can always double recipes if you have a large family and do not think you will have leftovers.

For lunches cont.:

Otherwise, I would look at having a protein, healthy fat (like avocado), and a salad mix ready to go or prep meatballs with sauce for each day of the week!

For Snacks:

Raw Nuts: Almonds, Cashews
 Beef Sticks: Chomps, Nicks Sticks, EPIC
 Fruit with Nut Butters: check your labels
 Chopped veggies!
 LARABAR & RX BAR: some flavors are W30 compliant – check your labels

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	14 DAY 1 <u>Buff Ckn Casserole</u>	15 DAY 2 <u>Pork Carnitas Burrito Bowl</u>	16 DAY 3 <u>Crispy Chicken Fingers</u> & <u>French fries</u>	17 DAY 4 <u>Pork Carnitas Over Cilantro Lime Cauliflower Rice</u> <small>Add avocado for additional healthy fat</small>	18 DAY 5 <u>Grilled Chicken with Mango Salsa</u> <small>Add a veggie and/or baked potato</small>	19 DAY 6 <u>Classic Easy Meatloaf</u> <small>Add a veggie and/or baked potato</small>
20 DAY 7 <u>Chicken Bacon Ranch Spaghetti Squash Casserole</u>	21 DAY 8 <u>Chicken Cauliflower Fried Rice</u>	22 DAY 9 <u>Taco Casserole</u> <small>You could also make this with ground chicken or ground turkey</small>	23 DAY 10 <u>Chicken Drumstick Roulette with asparagus & smashed potatoes</u> <small>(instructions in the grocery list)</small>	24 DAY 11 <u>Buffalo Chicken Lettuce Cups</u>	25 DAY 12 <u>Slow Cooker BBQ Ribs</u> <small>I also have oven instructions in the "Notes" section of the recipe</small>	26 DAY 13 <u>White Chicken Chili</u>
27 DAY 14 <u>Easy Healthy Salmon</u> <small>Throw over a salad or serve with fruits and veggies</small>	28 DAY 15 <u>Lasagna</u> (coming soon) <small>You could also make this with ground chicken or ground turkey and could use thinly sliced zucchini</small>	29 DAY 16 <u>Taco Burgers</u> <small>You could also make this with ground chicken</small>	30 DAY 17 <u>Turkey Cauliflower Rice Soup</u> <small>You could also make this with chicken</small>	1 DAY 18 <u>Chicken Bacon Ranch Wraps</u>	2 DAY 19 <u>Chef's Choice Repeat Your Favorite Recipe from This Calendar So Far!</u>	3 DAY 20 <u>Lump Crab Cakes and Garlic Mashed Potatoes</u> <small>A little more \$\$ but so so worth it and good</small>
4 DAY 21 <u>BBQ Bacon Burgers</u>	5 DAY 22 <u>Creamy Chicken Spinach Casserole</u> (coming soon)	6 DAY 23 <u>Chicken Tortilla Soup</u> <small>Omit corn to make it W30 compliant</small>	7 DAY 24 <u>Italian Meatballs</u> <small>Serve over zoodles or serve with veggies on the side</small>	8 DAY 25 <u>Creamy Sausage, Spinach & Mushroom Zoodles</u> <small>You could also make this with ground beef, chicken, or turkey</small>	9 DAY 26 <u>Steak with Garlic Ghee Aioli</u>	10 DAY 27 <u>Chili</u> (coming soon)
11 DAY 28 <u>Korean Beef Bowl</u>	12 DAY 29 <u>Lemon Garlic Chicken</u> (coming soon) <small>Serve with veggies and/or potato</small>	13 DAY 30 (YAY!) <u>Chef's Choice Repeat Your Favorite Recipe from This Calendar!</u>	CONGRATULATIONS! START REINTRO (<u>LEARN MORE</u>) OR HAPPY FOOD FREEDOM!			

