

My Whole 30 Journey

www.LatriceMurphyDesign.com

	Breakfast	Lunch	Dinner	Snack
DAY 1				
	Potato and egg frittata with fresh fruit (pineapple, grapefruit, apples and clementine oranges)	Left over Memphis pulled pork with broccoli slaw and sweet potatoes	Coconut lime skillet chicken with garlic herb potatoes and snow peas	Banana bread Larabar with fresh fruit smoothie
DAY 2				
	Potato and egg frittata with fresh fruit (pineapple, grapefruit, apples and clementine oranges)	Chicken salad with bacon and scallions. Serve over fresh spinach.	Tacos with zucchini taco shells with Verde sauce.	Apple slices with almond butter
DAY 3				
	Potato and egg frittata with fresh fruit (pineapple, grapefruit, apples and clementine oranges)	Chicken salad with bacon and scallions. Serve over fresh spinach.	Kielbasa hash	Apple pie Larabar with fresh fruit smoothie
DAY 4				
	Tri-color peppers & egg scramble with sweet potato waffles	Tuna salad with celery, onions, fresh basil and avocado mayo.	Vegetable soup in the crock pot	Fresh veggies (carrots, celery, broccoli and snow peas)
DAY 5				
	Tri-color peppers & egg scramble with sweet potato waffles	Left over vegetable soup	Cauliflower rice and chicken stir fry with snow peas, peppers and scrambled egg	Roasted almonds
DAY 6				
	Green smoothie	Tuna salad with celery, onions, fresh basil and avocado mayo.	Left overs	Kale Chips (homemade)
DAY 7				
	Green smoothie	Sweet potato toast with almond butter and cinnamon with fresh fruit.	Bacon burger lettuce wraps	Carrot cake Larabar with fresh fruit smoothie

- I am not a nutritionist or a dietician. This menu was created for my eating habits specifically and can be used for you as a starting point. Add more of what you love and change out any menu item to make it fit your lifestyle specifically. Thank you for checking out my week one menu items. *