

WHOLE 30 WEEKLY MENU

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	Breakfast	Lunch	Dinner
Monday	Bulletproof Coffee OR Smoothie Bowl	Green Smoothie	Shrimp Fajita Bowls
Tuesday	Whole 30 Steak Breakfast Hash	Asian Chicken Chopped Salad	Leftovers
Wednesday	Leftovers	Green Smoothie	Pesto Chicken Zucchini Noodles
Thursday	Bulletproof Coffee OR Smoothie Bowl	Asian Chicken Chopped Salad	Leftovers
Friday	Sausage & Egg Breakfast Casserole	Korean Beef Bowl	Taco Bake Casserole
Saturday	Leftovers	Leftovers	Leftovers