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| Menu |  | Whole 30 Week 3 |
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 |  | SundayBreakfast: Spinach-stuffed sweet potatoes with over-easy eggsLunch: Salad with chickenDinner: Tuna steak with roasted vegetablesMondayBreakfast: Fruit and 2 eggs over easyLunch: Salad with chickenDinner: Veggie ChiliTuesdayBreakfast: 2 soft-boiled eggs and fruitLunch: Leftover chiliDinner: Chicken thighs with baked potatoes and veggiesWednesdayBreakfast: Spinach-stuffed sweet potatoes with over-easy eggsLunch: SaladDinner: Tuna-stuffed avocado and tomatoThursday Breakfast: Kale and mushroom omeletLunch: Tuna stuffed avocado and tomatoDinner: Pork chops with baked potato and veggiesFridayBreakfast: Spinach-stuffed sweet potatoes with over-easy eggsLunch: Salad with chickenDinner: Slow-cooker chicken and gravy with potatoes and brussels spoutsSaturdayBreakfast: 2 soft-boiled eggs and fruitLunch: Leftover Slow-cooker chicken and gravy with veggiesDinner: Steaks and baked sweet potato fries with veggies |