

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tri-tip Baked Sweet Potatoes	Steak and steamed Broccoli see p. 216	Turkey Burgers sliced potatoes beans, watermelon	Whole Roasted Chicken sweet potatoes See p.157	Slow-Cooker Beef Brisket See p. 214	Perfect Ground Meat See p. 152	Seared Chicken Breast See p. 157
Chicken Meatballs with Spaghetti Squash See p. 226	Steak Salad See p. 220	Stuffed Pepper Filling Cauliflower Rice See p. 222	Grilled Chicken Salad See p. 232	Halibut with Ginger Glaze See p. 240	Chicken Hash See p. 228-9	Pulled Pork Carnitas See p. 254
Coconut Curry Chicken See p. 230	Mexican Tuna Boats See p. 238	London Broil with Compound Butter See p. 181	Baby Back Ribs See p. 256	Chicken Cacciatore See p. 334	Classic Chili See p. 342	Stir-Fry Chicken See p. 340
Pork Tenderloin See p. 252	Chicken Chowder See p. 336	Salmon Cakes See p. 346	Pork Chops with Spiced Apples See p. 258	Pot Roast See p. 348	Chicken Primavera See p. 338	Shepherd's Pie See p. 350-1
Chicken Alfredo Casserole	Poached Salmon with Dill Sauce See p. 246	All recipe page numbers refer to <i>The Whole 30</i> by Melissa Hartwig and Dallas Hartwig, 2015 and available for purchase on Amazon.com. All other recipes on this website.				

