



## Whole30 Meal Plan - Week 1 Preparations Guide

### Before Sunday

- Go grocery shopping with the [Week 1 Shopping List](#).
- Make [Bacon Butternut Squash Quiche](#) and [Prosciutto-Wrapped Mini Frittatas](#) for breakfasts this week. (If like eating the same thing every day, or are planning for just one person, you might want to only make one of these. You can also freeze the mini frittatas in bags of 2 or 4, if you want to save them longer.)
- Cut up vegetables for salads and sides to eat with lunches this week.

### On Sunday

- Make [Salmon Cakes](#) for lunches on Monday and Thursday.
- Make [Homemade Mayo](#)
- Make [Homemade Ranch Dressing](#)
- Hard boil a dozen eggs for breakfasts, lunches and snacks. *(I usually peel a few, but leave some still in the shell, if I'm going to wait a few days to eat them. They last longer in the shell.)*

### On Wednesday Night

- Start the [Slow Cooker Kalua Pig](#) before you go to bed. The recipe says to cook for 16 hours, but I have easily put it on at 10pm for a 5pm dinner time the next day. It is wonderfully yummy.

### On Friday

- Go to [Forts and Spoons](#) for the Week 2 Meal Plan to prepare for next week!

### On Saturday Morning

- Start the [Balsamic Braised Short Ribs](#) before lunch. They take 6 hours or so in the slow cooker.