



Whole30 Meal Plan - Week 2 Preparations Guide

Before Sunday

- Go grocery shopping with the [Week 2 Shopping List](#).
 - Check your fridge and pantry beforehand to see what you already have!
- Cut up vegetables for salads and snacks this week.
- Make any dressings (mayo/ranch) that you like.

On Sunday

- Make [Bacon and Kale Paleo Breakfast Casserole](#) for breakfasts this week
- Hard boil a half-dozen or more 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.)*
- Grill an extra 2 lbs of whole chicken breasts on Sunday Night while cooking your kabobs, for lunches this week and for dinner on Tuesday.

On Wednesday Night

- Grill 1 lb. of chicken breasts while cooking your fish to prep for lunch on Thursday.

On Friday

- Go to [Forts and Spoons](#) for the Week 3 Meal Plan to prepare for next week!