



## Whole30 Meal Plan - Week 3 Preparations Guide

### Before Sunday

- Go grocery shopping with the Week 3 Shopping List.
- Start on Sunday's preparations (see below), because it's long.

### On Sunday\*

- Make [Bacon Butternut Squash Quiche](#) and [Easy Breakfast Casserole](#) 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.)
- Cut up vegetables for salads and sides to eat with lunches this week.
- Make [Spicy Tuna Cakes](#) for lunches on Monday and Thursday. Make double if you are cooking for more than 2 people. I'm going to use canned sweet potato instead of baked.
- Make [Homemade Mayo](#) (you'll need it for lunch today and dinner Thursday night) and [Homemade Ranch Dressing](#) (or substitute Tessamae's)
- Make [World's Best Braised Cabbage](#) (for an easy dinner Monday Night)
- Hard boil 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 Thursday Night

- Make [Chia Pudding with Blackberries, Coconut and Pistachios](#) and refrigerate overnight for breakfast Friday.

### On Friday

- Go to [Forts and Spoons](#) for the Week 4 Meal Plan to prepare for next week!
- Make extra baked sweet potatoes Friday Night for breakfast Saturday morning.