



Whole30 Meal Plan - Week 4 Preparations Guide

Before Sunday

- Go grocery shopping with the Week 4 Shopping List.

On Sunday*

- Make [Prosciutto-wrapped Mini Frittatas](#) for breakfasts this week.
- Cut up vegetables for salads and sides to eat with lunches this week.
- Make [Salmon Cakes](#) for lunches on Monday and Wednesday. Make double if you are cooking for more than 2 people.
- Make [Homemade Mayo](#) (you'll need it for tuna/egg salads and dinner Wednesday night) and [Homemade Ranch Dressing](#) (or substitute Tessamae's)
- 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 Monday Morning

- Start [Pot Roast](#) for dinner tonight.

On Wednesday Night

- Start [Kalua Pig](#) in the slow cooker before going to bed.

On Friday

- Go to [Forts and Spoons](#) for the Last 2 Days Meal Plan + Reintroduction Guide to prepare for next week!