



## Whole30 Meal Plan - Week 6 Preparations Guide

### Before Sunday

- Go grocery shopping with the Week 6 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

- 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.)*

### On Wednesday Night

- Begin menu planning for next week based on results from reintroduction. Try some new recipes. Just Google Whole30 for lots of ideas..

### On Friday

- Develop shopping list for your new menus.
- Post any questions you have on the blog. Good luck and continued success!

### On Saturday morning

- Put on your Balsamic Braised Short Ribs for dinner.