

## Breakfast – Whole 30

### AVOCADO SWEET POTATO TOASTS

\$5.21/SERVING EST



Ingredients and groceries scaled from original 1 serving

15 slices Sweet PotaTOASTS

1/3 cup olive oil

5 Egg Whites

2 ½ avocados mashed

30 cherry tomatoes halved

5 dashes sea salt

2 ½ teaspoons pepper

**Prep: 5 mins**

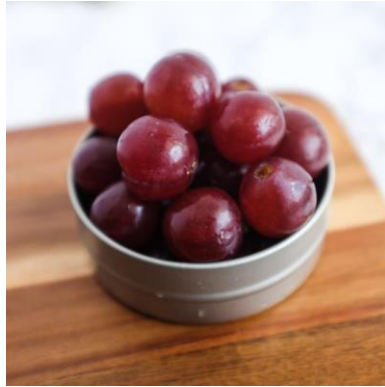
**Cook: 5 mins**

1. Heat sweet potatoes according to package instructions.
2. Meanwhile, heat ½ olive oil in a skillet over medium high heat. Add egg white and cook 1-2 minutes.
3. Assemble toasts with avocado, tomatoes, and egg. Sprinkle with salt and pepper and drizzle with remaining olive oil.

## Breakfast – Whole 30

### Chicken Sausage & Sweet Potato Hash

Ingredients and groceries scaled from original 1 serving



3 1/3 tablespoon olive oil

5/8 cup of onion diced

5 green bell peppers diced

5 sweet potatoes diced

5 links (3 oz.) chicken sausage, precooked sliced

5 teaspoons dried rosemary

**Prep: 5 mins**

**Cook: 10 mins**

1. In a large skillet, add olive oil on medium-high heat. Add onions and bell peppers to the skillet and cook 2 or until tender.
2. Add sweet potatoes and sausage. Leave undisturbed for 5 minutes to help brown sweet potatoes. Gently mix and stir.
3. Season with salt, pepper, and rosemary.

## **GRAPES**

**\$0.87/SERVING EST**

Ingredients and groceries scaled from original 1 serving

75 red grapes

## Breakfast – Whole 30

### CRISPY EGGS, AVOCADO, AND SPINACH

**\$2.94/SERVING EST**



Ingredients and groceries scaled from original 1 serving

10 eggs

1/3 cup Olive Oil

10 cups raw spinach

5 dashes salt

5 dashes pepper

2 ½ avocados sliced

**Prep: 5 mins.**

**Cook: 10 mins**

1. Heat a small pan on med-high heat, add oil until shimmering. Cook eggs sunny side up until edges are crispy, whites are set, but yolk remains runny. Remove from pan. Season to taste with salt and pepper.
2. Gently wilt spinach in remaining oil in pan, about 1-2 minutes
3. Serve everything with avocado.

## **Breakfast – Whole 30**

### **EGG WHITE VEGGIE SCRAMBLE**

**\$4.92/SERVING EST**



Ingredients and groceries scaled from original 1 servings

**1/3 cup olive oil**

**2 ½ cup red onions diced**

**5 green bell peppers diced**

**50 cherry tomatoes halved**

**2 ½ cups Egg Whites**

**5 teaspoons Herbs de Provence**

**6 ¼ cups blueberries**

**Prep: 15 mins**

**Cook: 15 mins**

1. Heat oil in a large skillet over medium heat. Add onion and cook until tender.
2. Stir in bell pepper and cherry tomatoes. Cook until tomatoes start to soften.

3. Add egg whites and seasoning. Once the eggs start to turn white around the edges, use a spatula to push the edges toward the center to scramble the eggs. Continue stirring until the eggs are cooked to your preference.
4. Serve with blueberries and raspberries.

## Breakfast – Whole 30

### SWEET POTATO TOASTS WITH EGG

**\$5.13/SERVING Est**



Ingredients and groceries scaled from original 1 serving

15 slices Sweet PotTOASTS

1/3 cup olive oil

10 eggs

1 ¼ avocados mashed

30 cherry tomatoes halved

5 dashes sea salt

2 ½ teaspoons pepper

**Prep: 5 mins**

**Cook: 5 mins**

1. Heat sweet potatoes according to package instructions.
2. Meanwhile, heat ½ olive oil in a skillet over medium high heat. Add eggs and cook 1-2 minutes.
3. Assemble toasts with avocado, tomatoes, and egg. Sprinkle with salt and pepper and drizzle with remaining olive oil.

## **TANGERINE**

**\$0.53/SERVING EST**

Ingredients and groceries scaled from original 1 serving

5 tangerines peeled, sliced



## Dinner – Whole 30

### CHICKEN, ROASTED VEGGIES, AND POTATOES and Peas

\$4.42/SERVING EST



Ingredients and groceries scaled from original 1 serving

2 ¼ pound chicken breast

36 baby potatoes halved

13 ½ cups green beans trimmed

4 ½ cups cherry tomatoes

5/8 cup olive oil, divided

9 dashes salt

9 dashes pepper

**Prep: 10 mins**

**Cook: 35 mins**

1. If you have a grill: prepare grill to medium-high heat and coat with cooking spray. Brush chicken with olive oil and season with salt and pepper. Place chicken on grill rack: grill 6 minutes on each side or until done.

2. If using an oven: preheat to 350°. Brush chicken with half the olive oil and season with salt and pepper. Bake for 35 minutes until done.

## **Roasted Veggies**

1. Preheat oven to 425°.
2. Combine olive oil, salt, black pepper, potatoes, green beans, and tomatoes on a baking sheet coated with cooking spray; toss to coat. Bake at 425° on bottom rack for 25 minutes, stirring once.
3. Serve

## **PEAS**

**\$0.60/SERVING EST**

1/3 cup olive oil

9 cups frozen peas

9 cloves garlic minced

2 ¼ lemons zested and juiced

**Prep: 5 mins**

**Cook: 5 mins**

1. Heat oil in a skillet over medium high heat. Add peas and garlic and cook, stirring occasionally, until peas are warmed through.
2. Stir in lemon zest and juice.

## Dinner – Whole 30

### CHICKEN, ROASTED VEGGIES, AND POTATOES and Zucchini with Almonds

**\$4.42/SERVING EST**



Ingredients and groceries scaled from original 1 serving

1  $\frac{3}{4}$  lb. chicken breast

28 baby potatoes halved

10  $\frac{1}{2}$  cups green beans trimmed

3  $\frac{1}{2}$  cups cherry tomatoes

$\frac{1}{2}$  cup olive oil, divided

7 dashes salt

7 dashes pepper

**Prep: 10 mins**

**Cook: 35 mins**

#### Chicken

1. If you have a grill: prepare grill to medium-high heat and coat with cooking spray. Brush chicken with olive oil and season

with salt and pepper. Place chicken on grill rack; grill 6 minutes on each side or until done.

2. If using an oven: preheat to 350°. Brush chicken with half the olive oil and season with salt and pepper. Bake for 35 minutes until done.

## **Roasted Veggies**

1. Preheat oven to 425°.

2. Combine olive oil, salt, black pepper, potatoes, green beans, and tomatoes on a baking sheet coated with cooking spray; toss to coat. Bake at 425° on bottom rack for 25 minutes, stirring once.

3. Serve

## **ZUCCHINI WITH ALMONDS**

**\$0.94/SERVING EST**

Ingredients and groceries scaled from original 1 servings

3 ½ tablespoons olive oil

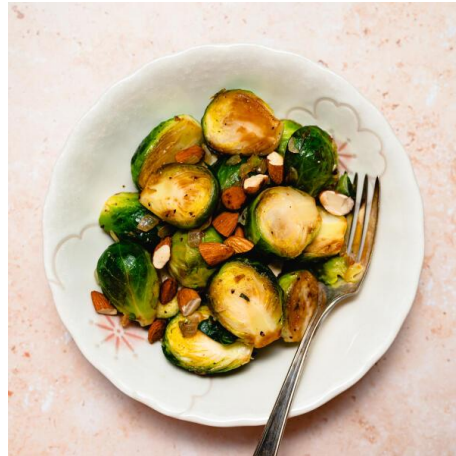
7 zucchinis thinly sliced

14 tablespoons almonds chopped

## Dinner – Whole 30

### LEMON OLIVE COD WITH SWEET POTATO FRIES AND SIMPLE BRUSSEL SPROUTS

\$7.10/SERVING EST



Ingredients and groceries scaled from original 1 serving

4 cups frozen sweet potato fries

8 teaspoons olive oil

2 lb. cod

16 olives pitted and sliced

2 teaspoons dried thyme

2 tablespoons lemon juiced

**Prep: 5mins**

**Cook: 20 mins**

1. Preheat oven to 400°.
2. Arrange sweet potato fries on baking sheet in a single layer.  
Bake 15-20 minutes until crisp.

3. Meanwhile, heat olive oil in a skillet over medium heat. Add cod and cook 3-4 minutes until browned on the bottom. Flip and add olives and thyme. Continue cooking; until cod is cooked through, stirring occasionally.
4. Squeeze lemon juice over cod.
5. Serve with sweet potato fries.

## **SIMPLE BRUSSELS SPROUTS**

\$2.02/SERVING EST

Ingredients and groceries scaled from original 1 serving

2 lbs. Brussels Sprouts halved

8 tablespoons onion chopped

2 tablespoons olive oil

4 dashes salt

4 dashes peppers

8 tablespoons almonds toasted and chopped

Prep: 15 mins

Cook: 15 mins

1. Boil water in a large pot on the stove. Add Brussels sprouts and boil for 5 minutes. Place into a bowl of ice water to cool. Drain and set aside.
2. Heat oil in a skillet over medium heat. Add onions and cook until lightly browned.

3. Add Brussels sprouts, salt, and pepper. Stir and cook until tender, about 5 minutes.
4. Top with almonds to serve.

## Dinner – Whole 30

### LEMON STEAK AND MIXED VEGETABLES AND SIMPLE GREEN BEANS

**\$4.11/SERVING EST**



Ingredients and groceries scaled from original 1 serving

8 teaspoons olive oil

12 oz. New York Strip Steak

4 cloves garlic thinly sliced

4 squeezes of lemon

8 cups Mixed Frozen Vegetables

**Prep: 5 mins**

**Cook: 30 mins**

1. Prepare the steak: Heat  $\frac{1}{2}$  olive oil in a heavy pan (ideally cast iron) over medium high heat. Let the pan get very hot, and just before the pan starts to smoke, add the steak. Sear until browned on the bottom, about 4-5 minutes.
2. Flip the steak and add garlic to pan. Swirl the garlic around in the juices and spoon the garlic over the steak. Cook the steak



another 4-5 minutes until browned and cooked to your liking. Squeeze lemon juice over.

3. Transfer steak to a plate. Add remaining olive oil to pan. Once hot, add mixed frozen vegetables and sauté until heated through, about 5 minutes.
4. Plate steak and mixed vegetables.

## **SIMPLE GREEN BEANS**

**\$2.13/SERVING EST**

Ingredients and groceries scaled from original 1 serving

2 lbs. green beans trimmed

8 tablespoons onion chopped

2 tablespoons olive oil

½ cup water

4 dashes salt

4 dashes pepper

8 tablespoons almonds toasted and chopped

**Prep: 15 mins**

**Cook: 15 mins**

1. Boil water in a large pot on the stove. Add green beans and cook 6-8 minutes. Drain and set aside.
2. Heat oil in a skillet over medium heat. Add onions and cook 2-3 minutes, stirring occasionally.

3. Add green beans, water, salt, and pepper. Stir and cook 4-5 minutes until tender.
4. Top with almonds before serving.

## Dinner – Whole 30

### LIME SHRIMP & AVOCADO SALAD

\$4.86/SERVING ES

Ingredients and groceries scaled from original 2 servings



1 ½ lb. shrimp

4 avocados sliced

16 cups romaine lettuce chopped

2 limes juiced

1.2 cup olive oil, divided

1 teaspoon paprika

4 pinches pepper

**Prep: 15 mins**

**Cook: 5 mins**

1. Combine avocado and lettuce on a large platter and season to taste with salt and pepper.
2. Combine lime juice, paprika, 1 tablespoon olive oil and pepper in small bowl and set aside.

3. Heat remaining 1 tablespoon of olive oil in sauté pan over medium high heat.
4. Add shrimp to sauté pan searing on each side about 2 minutes; pour lime juice mixture over half way through the cooking.
5. Top avocado salad with cooked shrimp.
6. Use a spoon to drizzle any remaining lime juice sauce in pan over the salad. Serve immediately.

## **SAUTÉED SQUASH**

**\$1.90/SERVING EST**

Ingredients and groceries scaled from original 1 serving

¼ cup olive oil

8 summer squashes thinly sliced

16 tablespoons pecans chopped

**Prep: 5 mins**

**Cook: 15 mins**

1. Heat oil in a pan over medium high heat. Add squash and cook, stirring occasionally, until tender and browned, 10-15 minutes.
2. Sprinkle with pecans.

## Dinner – Whole 30

### PORK, BROCCOLI, AND SWEET POTATO

**\$4.24/SERVING EST**



Ingredients and groceries scaled from original 1 serving

4 lbs. bone-in pork chop

8 sweet potatoes

16 cups broccoli cut into florets

½ cup olive oil, divided

8 dashes salt

8 dashes pepper

8 handfuls green onion sliced

**Prep: 10 mins**

**Cook: 1 hour**

#### **Pork**

1. Heat a grill, grill pan, or pan over medium heat. Lightly sprinkle pork chops with salt and pepper, and half the oil. Place on the grill and cook until the pork chop releases from

the grill, about 4 minutes. Flip and cook on the other side for another 3-4 minutes. Reduce the heat to medium and cover the pan to allow the pork chops to finish cooking (another 8-10 mins). Pork should be cooked to 145° when checked with a meat thermometer. Let rest for 5-10 minutes.

## **Roasted Sweet Potato**

1. Preheat oven to 400°.
2. With a fork, pierce sweet potato skin 5-6 times.
3. Place on baking sheet lined with foil. Bake until tender, 45 minutes to 1 hour.
4. Serve with sliced scallions and season with salt and pepper. Drizzle remaining olive oil.

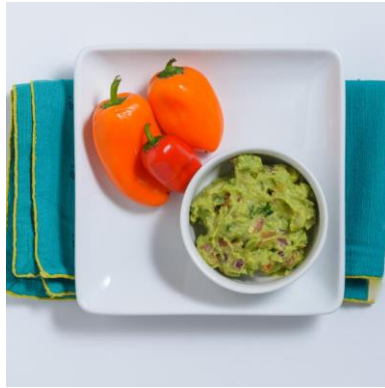
## **Broccoli**

1. Place approximately 1 inch of water in a saucepan with a steamer and bring to a boil. Add the broccoli florets and stems and cover. Steam for 4-5 minutes, until tender.
2. Season with salt and pepper. Serve.

## Lunch – Whole 30

### 15-MINUTE PEPPER STEAK SAUTÉ

**\$7.54/SERVING EST**



Ingredients and groceries scaled from original 2 servings

1 7/8 lb. beef tenderloin cut into cubes

3 red bell peppers chopped

3 onions sliced

6 tablespoons hoisin sauce

Pinch black pepper

**Prep: 5 mins      Cook: 10 mins**

1. Place beef in non-stick skillet over medium to high heat. Add water or stock to braise. Do not allow to dry out, but use minimum liquid. Cook until all sides are brown.
2. Add cracked pepper, bell pepper, and onion; cook about 1 minute until vegetables are crisp-tender.
3. Stir in hoisin sauce; cook and stir about 1 minute or until hot.

## **PEPPERS AND GUACAMOLE**

**\$2.05/SERVING EST**

Ingredients and groceries scaled from original 1 serving

20 mini bell peppers

1 ¼ cups guacamole

**Prep: 2 mins**

1. Wash mini bell peppers. Serve with guacamole.



## Lunch – Whole 30

### CHICKEN, ROASTED VEGGIES, AND POTATOES + Peas

\$4.42/SERVING EST



Ingredients and groceries scaled from original 1 serving

2 ¼ pound chicken breast

36 potatoes halved

13 ½ cups green beans trimmed

4 ½ cups cherry tomatoes

5/8 cup olive oil, divided

9 dashes salt

9 dashes pepper

**Prep: 10 mins**

**Cook: 35 mins**

#### Chicken

1. If you have a grill; prepare grill to medium-high heat and coat with cooking spray. Brush chicken with olive oil and season

with salt and pepper. Place chicken on grill rack; grill 6 minutes on each side or until done.

2. If using an oven: preheat to 350° Brush chicken with half the olive oil and season with salt and pepper. Bake for 35 minutes until done.

## **Roasted Veggies**

1. Preheat oven to 425°.
2. Combine olive oil, salt, black pepper, potatoes, green beans, and tomatoes on a baking sheet coated cooking spray; toss to coat. Bake at 425° on bottom rack for 25 minutes, stirring once.
3. Serve

## **PEAS**

### **\$0.60/SERVING EST**

Ingredients and groceries scaled from original 1 serving

1/3 cup olive oil

9 cups frozen peas

9 cloves garlic minced

2 ¼ lemons zested and juiced

**Prep: 5 mins**

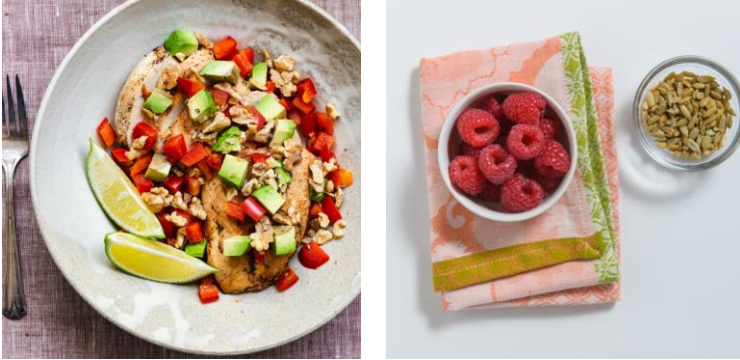
**Cook: 5 mins**

1. Heat oil in a skillet over medium high heat. Add peas and garlic and cook, stirring occasionally, until peas are warmed through.
2. Stir in lemon zest and juice.

## Lunch – Whole 30

### LIME WALNUT CHICKEN + RASPBERRIES AND SUNFLOWER SEEDS

\$6.02/SERVING EST



- 1 tablespoon coconut oil divided
- 2 teaspoons taco seasoning divided
- 1 pinch salt
- ½ cup walnuts chopped
- 6 red bell peppers diced
- 1 lb. chicken breast
- 2 tablespoons lime juiced
- 1 avocado diced

**Prep: 5 mins    Cook 20 mins**

1 In a large skillet melt 1/3 of the coconut oil over medium heat. Add ¼ of the taco seasoning and pinch of salt and stir in walnuts. Cook for 5 minutes or until toasted, stirring frequently. Remove from skillet.

2. In the same skillet, add red bell peppers and sauté until tender. Remove from skillet.
3. In the same skillet, melt remaining coconut oil over medium heat. Add remaining taco seasoning and a pinch of salt. Add chicken and turn to coat both sides with oil. Cook for 5 minutes on each side until cooked through.
4. Add lime juice and cooked bell peppers to skillet and cook for a few more minutes. Remove from heat and top with avocado and walnuts before serving.

## **RASPBERRIES AND SUNFLOWER SEEDS**

**\$2.36/SERVING EST**

Ingredients and groceries scaled from original 1 serving

10 cups raspberries

20 tablespoons sunflower seeds

## Lunch – Whole 30

### PORK & APPLES AND ORANGE

\$3.65/SERVING EST



Ingredients and groceries scaled from original 1 serving

3 1/3 tablespoons olive oil

40 cups spinach

5 lb. Pork Chops, (Bone in)

5 teaspoons cinnamon

10 pinches black pepper

5 apples cored and thinly sliced

1 cup water

**Prep: 5 mins**

**Cook: 20 mins**

1. Heat half the oil in a skillet over medium heat. Add spinach and cook until wilted. Remove to a plate and set aside.
2. Sprinkle cinnamon and pepper over pork chop.
3. Heat remaining oil in skillet over medium heat. Add pork chop and brown on both sides.

4. Add apples and water. Cover and reduce heat to medium low. Cook until the pork reaches an internal temperature of 145° about 10-12 minutes.
5. Serve pork chop and apples with spinach.

## **ORANGE**

**\$0.54/SERVING EST**

Ingredients and groceries scaled from original 1 serving

10 oranges sliced

**Prep: 2 mins**

1. Wash and slice orange. Serve.

## Lunch – Whole 30

### PORK AND SQUASH and PUMPKIN SEEDS AND ORANGE

\$2.48/SERVING EST



Ingredients and groceries scaled from original 1 serving

3 ¾ lbs. pork tenderloin

1/3 cup olive oil

10 pinches garlic powder

10 dashes salt

10 dashes pepper

10 wedges lemon

5 cups zucchini sliced

5 cups yellow squash sliced

**Prep: 5 mins**

**Cook: 30 mins**

#### **Pork Tenderloin**

1. Preheat oven to 400°.

2. Mix garlic powder, salt, and pepper together in a small bowl. Coat both sides of the pork tenderloin with the seasonings.
3. Heat half the olive oil in a pan over medium heat.
4. Add pork tenderloin to the pan and cook for about 10 minutes, searing on all sides.
5. Transfer the pork tenderloin to an oven safe pan and place into the oven to bake for about 20 minutes.
6. Slice and serv with lemon wedge.

### **Sautéed Squash**

1. Wash and slice squash.
2. Heat remaining olive oil in a pan over medium heat.
3. Arrange the squash in an even layer on the bottom of the pan. Season with salt and pepper and let cook for 3 minutes or until bottom side is lightly browned.
4. Turn the squash slices over and let cook for an additional 3 minutes before removing from heat.

### **PUMPKIN SEEDS AND ORANGE**

**\$1.00/SERVING EST**

Ingredients and groceries scaled from original 1 serving

10 oz. pumpkin seeds

10 oranges

**Prep: 1 min**

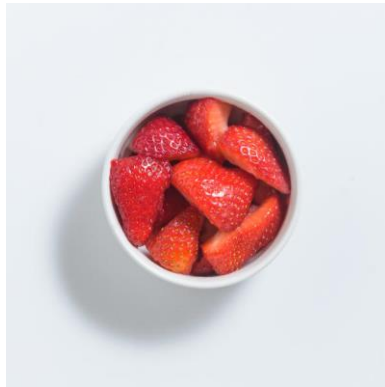
1. Pour pumpkin seeds into a bowl. Serve with orange.



## Lunch – Whole 30

### SESAME TILAPIA WITH ASPARAGUS And Strawberries

**\$3.50/SERVING EST**



Ingredients and groceries scaled from original 1 serving

5/8 cup olive oil

10 oz. tilapia

5 oz. sesame seeds

5 cups asparagus

**Prep: 5 mins**

**Cook: 20 mins**

1. Brush half the oil over the tilapia.
2. Place sesame seeds in a bowl. Press tilapia into the sesame seeds to coat all over. Use your hands to press any remaining sesame seeds onto the tilapia.
3. Heat remaining oil in a skillet over medium heat. Add tilapia and cook 3-4 minutes on each side until cooked through.
4. When the fish is cooked, transfer it onto a plate and add the asparagus to the pan. Cook 5-10 minutes until tender.

## **STRAWBERRIES**

**\$2.17/SERVING EST**

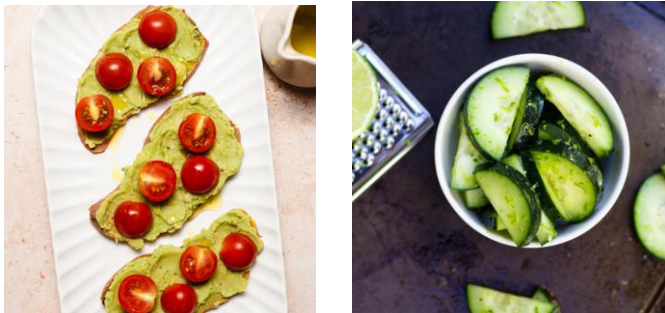
Ingredients and groceries scaled from original 1 serving

6 ¼ cups whole strawberries

## Lunch – Whole 30

### WHITE BEAN SWEET POTATO TOASTS + Lime Cucumber Salad

**\$4.62/SERVING EST**



Ingredients and groceries scaled from original 1 serving

15 slices Sweet PotaTOASTS

1/3 cup olive oil

1 ¼ avocados

1 ½ cups White Beans, From Canned, Reduced Sodium drained and rinsed

5 dashes sea salt

2 ½ teaspoons pepper

30 cherry tomatoes halved

**Prep: 5 mins**

**Cook: 5 mins**

1. Heat sweet potatoes according to package instructions.
2. Add avocado and white beans to a bowl and mash together with a fork. Mix in salt and pepper.

3. Spread avocado mixture on sweet potatoes and top with tomatoes. Drizzle with olive oil.

## **LIME CUCUMBER SALAD**

**\$0.61/SERVING EST**

Ingredients and groceries scaled from original 1 serving

2 ½ cucumbers chopped

1 ¼ limes juiced and zested

5 teaspoons olive oil

5 dashes ground pepper

5 dashes salt

Prep: 15 mins

1. Toss everything in a bowl. Season with salt and pepper.
2. Let sit for 5 minutes before serving.

## Smoothie – Whole 30

### GREEN MACHINE SMOOTHIE and Apple

**\$3.63/SERVING EST**



Ingredients and groceries scaled from original 1 serving

5 cups frozen spinach

2 ½ bananas frozen

7 ½ cups almond milk

2 ½ avocados

10 tablespoons hemp seeds

Prep: 5 mins

1. Combine everything into a blender and blend until well combined, about 30-60 seconds.

### **APPLE**

**\$0.44/SERVING EST**

Ingredients and groceries scaled from original 1 servings

5 apples sliced

## Snack – Whole 30

### ALMONDS AND TANGERINES

**\$1.25/SERVING EST**



Ingredients and groceries scaled from original 1 serving

50 almonds

10 tangerines

**Prep: 5 mins**

1 Peel tangerines and serve with almonds

## Snack – Whole 30

### BANANA CHIPS AND ALMONDS

**\$0.42/SERVING EST**



Ingredients and groceries scaled from original 1 serving

1 ¼ cups banana chips

50 almonds

#### **Prep: 5 mins**

1. Place banana chips and almonds on a plate and serve.

**Snack – Whole 30**

**PUMPKIN SEEDS AND APPLE**

**\$0.89/SERVING EST**



Ingredients and groceries scaled from original 1 serving

5 oz. pumpkin seeds

5 apples



## Snack – Whole 30

### TANGERINE AND SUNFLOWER SEEDS

**\$0.73/SERVING EST**



Ingredients and groceries scaled from original 1 serving

5 tangerines

10 tablespoons sunflower seeds

#### **Prep: 2 mins**

1. Wash, peel, and slice tangerine. Serve with sunflower seeds.