

WHOLE30 KICKOFF MEAL PLAN

Trying Whole30 for the first time, or again if you are a veteran, doesn't have to be daunting. Start off on the right foot with this easy, one-week meal plan to give you the momentum you need to reach 30 days.

BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>1 Serving Middle Eastern Mezze Board with Muhammara (p. 2, save leftovers)</p>	 <p>1 Serving Sesame Turnip Noodles with Broccoli & Mushrooms (p. 3, save leftovers)</p>	 <p>1 Serving Ginger Chicken Stir-Fry with Spaghetti Squash (p. 4, save leftovers)</p>	<p>Calories: 1,699, Fat: 113 g, Sat. Fat: 39 g, Carbs: 120 g, Fiber: 30 g, Sugars: 42 g, Protein: 68 g, Sodium: 1,919 mg, Cholesterol: 330 mg</p>
TUESDAY	 <p>1 Serving South-of-the-Border Hash (p. 5, save leftovers)</p>	 <p>1 Serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 4)</p>	 <p>1 Serving Sesame Turnip Noodles with Broccoli & Mushrooms (leftovers, p. 3)</p>	<p>Calories: 1,766, Fat: 122 g, Sat. Fat: 44 g, Carbs: 109 g, Fiber: 30 g, Sugars: 29 g, Protein: 73 g, Sodium: 1,722 mg, Cholesterol: 534 mg</p>
WEDNESDAY	 <p>1 Serving Middle Eastern Mezze Board with Muhammara (leftovers, p. 2)</p>	 <p>1 Serving Ginger Turkey Meatballs with Coconut Cauli Rice (p. 5, save leftovers)</p>	 <p>1 Serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 4)</p>	<p>Calories: 1,644, Fat: 100 g, Sat. Fat: 49 g, Carbs: 113 g, Fiber: 24 g, Sugars: 41 g, Protein: 86 g, Sodium: 2,110 mg, Cholesterol: 452 mg</p>
THURSDAY	 <p>1 Serving South-of-the-Border Hash (leftovers, p. 5)</p>	 <p>1 Serving Sesame Turnip Noodles with Broccoli & Mushrooms (leftovers, p. 3)</p>	 <p>1 Serving Ginger Turkey Meatballs with Coconut Cauli Rice (leftovers, p. 5)</p>	<p>Calories: 1,491, Fat: 109 g, Sat. Fat: 27 g, Carbs: 80 g, Fiber: 26 g, Sugars: 33 g, Protein: 62 g, Sodium: 2,047 mg, Cholesterol: 513 mg</p>
FRIDAY	 <p>1 Serving Middle Eastern Mezze Board with Muhammara (leftovers, p. 2)</p>	 <p>1 Serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 4)</p>	 <p>1 Serving Fish Taco Lettuce Wraps (p. 6, save leftovers)</p>	<p>Calories: 1,859, Fat: 113 g, Sat. Fat: 43 g, Carbs: 141 g, Fiber: 37 g, Sugars: 39 g, Protein: 88 g, Sodium: 2,045 mg, Cholesterol: 598 mg</p>
SATURDAY	 <p>1 Serving Sesame Turnip Noodles with Broccoli & Mushrooms (leftovers, p. 3)</p>	 <p>1 Serving Fish Taco Lettuce Wraps (leftovers, p. 6)</p>	 <p>1 Serving Ginger Turkey Meatballs with Coconut Cauli Rice (leftovers, p. 5)</p>	<p>Calories: 1,689, Fat: 116 g, Sat. Fat: 26 g, Carbs: 107 g, Fiber: 34 g, Sugars: 38 g, Protein: 74 g, Sodium: 2,210 mg, Cholesterol: 390 mg</p>
SUNDAY	 <p>1 Serving Middle Eastern Mezze Board with Muhammara (leftovers, p. 2)</p>	 <p>1 Serving Fish Taco Lettuce Wraps (leftovers, p. 6)</p>	 <p>1 Serving Ginger Turkey Meatballs with Coconut Cauli Rice (leftovers, p. 5)</p>	<p>Calories: 1,584, Fat: 100 g, Sat. Fat: 26 g, Carbs: 112 g, Fiber: 33 g, Sugars: 43 g, Protein: 77 g, Sodium: 2,370 mg, Cholesterol: 577 mg</p>

Middle Eastern Mezze Board

with Muhammara

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 50 MINUTES.

Muhammara, a Syrian roasted red pepper dip, is the perfect stand-in for hummus and is the star of this warm mezze board. A plethora of colors, flavors and textures, this Whole30 spread is ideal for brunch or as an appetizer.

- 3 red bell peppers
- 1 14-oz jar artichoke hearts in oil, drained
- 4 carrots, cut lengthwise and into quarters
- 2 zucchini, cut in 1/2-inch rounds
- 1 eggplant, cut in 1/2-inch rounds
- 1/4 cup olive oil, divided
- 1 tsp each paprika, ground coriander and ground cumin
- 1 tsp sea salt, divided
- 1/2 lb cherry tomatoes, halved
- 1 1/2 oz unsalted walnuts
- 1 small clove garlic, peeled
- 1/2 lemon, juiced
- 1/2 tsp red pepper flakes
- 4 large eggs, hard-cooked, peeled and cut into quarters
- 1/2 cup fresh mint leaves, thinly sliced

1. Preheat oven to 350°F. To a grill pan on medium-high, place whole bell peppers and grill until skin is completely charred, turning frequently, 20 minutes. Put peppers in a bowl and cover with plastic wrap. Add artichokes to grill and cook, turning halfway, until lightly browned, 2 to 3 minutes. Set both aside.

2. To a large parchment-lined baking sheet, add carrots, zucchini and eggplant; drizzle with 2 tbsp oil. Sprinkle with paprika, coriander, cumin and 1/2 tsp salt; toss to coat then spread in a single layer. Roast for 15 minutes. Flip vegetables, add tomatoes and roast for 10 to 15 minutes more.

3. Meanwhile, slough off charred skin of red peppers under running water. Remove seeds and stems.

4. Prepare muhammara: In a food processor, combine roasted red peppers, walnuts, garlic, remaining 2 tbsp oil, lemon juice and pepper flakes. Blend until smooth. Add remaining 1/2 tsp salt. Pour into a small serving bowl.

5. Arrange muhammara, vegetables, and eggs on a wooden serving board. Garnish with mint.

NOTE: If following our Meal Plan, store muhammara and eggs in separate airtight containers in the refrigerator until called for. Cook half of the veggies on Monday and the remaining veggies on Friday and store leftovers in an airtight container in the fridge.

PER SERVING (1/4 of recipe): Calories: 423, Total Fat: 27 g, Sat. Fat: 4 g, Carbs: 36 g, Fiber: 10 g, Sugars: 19 g, Protein: 15 g, Sodium: 791 mg, Cholesterol: 187 mg

Sesame Turnip Noodles

with Broccoli & Mushrooms

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

Almond butter adds creaminess to this Asian-style sauce. Most spiral makers have a blade to make fettuccine-shaped noodles, but you can use standard spaghetti-shaped noodles if you don't have one.

- 5 oz** shiitake mushrooms, sliced
- 1 large** head broccoli, cut into bite-size florets, stems peeled and sliced
- 5 tbsp** avocado oil, divided
- 1 tsp** sea salt, divided
- ¼ tsp** ground black pepper
- 2 lb** turnips, peeled
- 4** green onions, sliced, white/light green and dark green parts divided
- ¾ cup** low-sodium vegetable or chicken broth, or more if needed
- ½ cup** creamy, unsweetened almond butter
- 3 tbsp** coconut aminos
- 1 tbsp** apple cider vinegar
- 1–2 tsp** hot sauce, optional
- 2 tbsp** toasted sesame oil

1. Preheat oven to 375°F. Place 2 large baking sheets in oven. In a large bowl, toss mushrooms, broccoli, 3 tbsp avocado oil, ½ tsp salt and pepper. Spread on sheets and roast until vegetables are lightly roasted, stirring once or twice, 30 to 35 minutes.

2. Meanwhile, secure turnips in a spiralizer using the fettuccini blade and turn crank to create noodles, according to manufacturer's directions. In a large skillet on medium-high, heat 1 tbsp avocado oil. Add noodles, season with remaining ½ tsp salt and cook for 2 minutes. Add ¼ cup water, letting it cook off while gently tossing noodles with tongs, until softened, 6 to 8 minutes. Transfer to a colander.

3. In same skillet, heat remaining 1 tbsp avocado oil; reduce heat to medium. Add white/light green parts of onions and cook, stirring, until tender, 2 to 3 minutes. Reduce heat to medium-low and add broth, almond butter, coconut aminos, vinegar and hot sauce (if using). Stir briskly until well combined and warmed. Remove from heat. Stir in more broth to thin, if necessary. Stir in sesame oil. Add turnip noodles back to skillet and gently toss to coat. Divide among bowls, top with broccoli mixture and garnish with dark parts of green onions.

NOTE: If following our Meal Plan, cook half of the recipe on Monday and the remainder on Thursday. Store leftovers in an airtight container in the refrigerator.

PER SERVING (¼ of recipe): Calories: 528, Total Fat: 43 g, Sat. Fat: 4 g, Carbs: 31 g, Fiber: 11 g, Sugars: 14 g, Protein: 12 g, Sodium: 631 mg, Cholesterol: 0 mg

Ginger Chicken Stir-Fry

with Spaghetti Squash

SERVES 4. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 55 MINUTES.

Many stir-fry sauces contain soy sauce and sugar, both of which are off the menu on the Whole30 plan. This healthy remake uses coconut aminos, sesame oil and ginger for maximum flavor while sticking to compliant ingredients.

STIR-FRY

- 1 5- to 6-lb** spaghetti squash
- ¼ cup** avocado oil, divided
- 1** yellow onion, peeled and diced
- 3 cups** sliced carrots
- 3 cups** sliced white mushrooms
- 1½ lb** boneless, skinless chicken breasts, cut into strips
- 8 cups** chopped bok choy
- 3** green onions, sliced
- ¼ cup** sesame seeds, divided
- hot sauce, optional

SAUCE

- ½ cup** coconut aminos
- ¼ cup** toasted sesame oil
- 2 cloves** garlic
- 1 tbsp** arrowroot starch
- 1½ tsp** peeled and minced fresh ginger
- ¼ tsp** red pepper flakes

1. Preheat oven to 400°F. Cut squash in half and scoop out and discard seeds. Brush cut sides of squash with 2 tbsp avocado oil and place on a parchment-lined baking sheet, cut sides down. Bake for 35 minutes or until flesh is soft when poked with a fork. Remove squash from rind by scraping with a fork to make strands that resemble spaghetti; set aside in a bowl.

2. Meanwhile, in a large skillet on medium-low, heat remaining 2 tbsp avocado oil. Add yellow onion and cook until translucent, 5 minutes. Add carrots and mushrooms and cook 5 minutes more. Add chicken and cook until chicken is no longer pink inside, about 10 minutes more.

3. Make sauce, in a blender, place sauce ingredients and pulse until blended. Add sauce to skillet along with bok choy. Sauté until bok choy wilts, about 5 minutes.

4. Divide spaghetti squash among bowls. Divide veggie-chicken mixture among bowls and top each with green onions and sesame seeds. Serve with hot sauce, if desired.

NOTE: If following our Meal Plan, store spaghetti squash and veggie-chicken mixture separately in refrigerator. Reheat when called for, then top with garnishes.

PER SERVING (¼ of recipe): Calories: 748, Fat: 43 g, Sat. Fat: 31 g, Carbs: 53 g, Fiber: 9 g, Sugars: 9 g, Protein: 41 g, Sodium: 497 mg, Cholesterol: 143 mg

South-of-the-Border Hash

SERVES 2.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 20 MINUTES.

Paired with eggs and avocado, this hash is low-carb choice for a make-ahead breakfast or lunch.

- 2 1-oz** slices bacon, no added nitrates or nitrites, chopped
- ½ cup** chopped yellow onion
- 1** red bell pepper, chopped
- ½ cup** chopped Yukon Gold potatoes
- ½ tsp** each ground black pepper, ground cumin and smoked paprika
- ¼ tsp** sea salt
- 1 tbsp** fresh lemon juice
- 4 large** eggs
- 1** avocado

1. Heat a large nonstick skillet on medium-high and add bacon. Let some of the fat render out for 2 to 3 minutes then add onion, pepper and potatoes. Season with pepper, cumin, smoked paprika and salt. Cook for 7 to 8 minutes, until potatoes are cooked.

2. Add lemon juice and stir to combine. Transfer to a plate and keep warm. Add eggs to pan and cook as desired. Serve hash with eggs and avocado.

NOTE: If following our Meal Plan, store hash mixture in an airtight container in the refrigerator. Reheat in a skillet when called for and serve with freshly cooked eggs and avocado.

PER SERVING (½ of recipe): Calories: 490, Total Fat: 36 g, Sat. Fat: 9 g, Carbs: 25 g, Fiber: 10 g, Sugars: 6 g, Protein: 20 g, Sodium: 594 mg, Cholesterol: 391 mg

Ginger Turkey Meatballs with Coconut Cauli-Rice

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

Baked turkey meatballs in a tangy sauce are sure to become a family favorite. Serve them alongside cauli-rice for a healthy, gluten-free meal.

MEATBALLS

- 1 lb** ground turkey
- 1 large** egg
- 1** shallot, chopped
- ¼ cup** almond flour
- ¼ cup** chopped fresh cilantro + additional for garnish
- 1 tbsp** coconut aminos
- 2 tsp** peeled and minced ginger
- 1 clove** garlic, minced
- ½ tsp** ground black pepper
- ¼ tsp** sea salt
- sesame seeds, for garnish

CAULI-RICE

- 4 cups** riced cauliflower
- 1 cup** BPA-free canned full-fat coconut milk
- 1** red bell pepper, diced
- 1** lime, zested and juiced

SAUCE

- ½ cup** coconut aminos
- ¼ cup** rice vinegar
- 1 tbsp** unsalted tomato paste
- 1 tbsp** toasted sesame oil
- 2 tsp** peeled and minced ginger
- 1 clove** garlic, minced
- ¼ tsp** red pepper flakes
- 1 tbsp** arrowroot starch
- ½ cup** cold water

1. Preheat oven to 350°F. To a large mixing bowl, add all meatball ingredients except sesame seeds and use your hands to combine. Form 1-tbsp portions into meatballs, making about 30 in total. Place on a large, rimmed parchment-lined baking sheet. Bake for 15 minutes.

2. Meanwhile, prepare cauli-rice: To a large sauté pan, add riced cauliflower, coconut milk, bell pepper, lime zest and juice. Cook 8 minutes, or until cauliflower is al dente.

3. Prepare sauce: In a small bowl, whisk together coconut aminos, rice vinegar, tomato paste, oil, ginger, garlic and pepper flakes. Place in a small saucepan on medium; cook until mixture starts to bubble. In a separate bowl, whisk together arrowroot and water; add to saucepan. Stir to combine and until mixture thickens. Remove from heat. Transfer meatballs to a serving bowl and stir in sauce. Serve with cauliflower rice and garnish with additional cilantro.

NOTE: If following our Meal Plan, refrigerate meatballs and cauli-rice separately and reheat when called for.

PER SERVING (¼ of recipe): Calories: 473, Total Fat: 30 g, Sat. Fat: 14 g, Carbs: 24 g, Fiber: 5 g, Sugars: 13 g, Protein: 30 g, Sodium: 822 mg, Cholesterol: 122 mg

Fish Taco Lettuce Wraps

SERVES 3. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 45 MINUTES.

Get your fill of sweet-salty goodness in these popping-with-flavor fish tacos. In this Whole30-compliant version, corn tortillas are swapped out for fresh and crunchy lettuce leaves.

SALSA

- 1 cup finely chopped pineapple
- 1 jalapeño chile pepper, seeded and chopped
- ¼ cup chopped fresh cilantro
- 1 tbsp fresh lime juice
- 2 tbsp finely chopped red onion
- ⅛ tsp each sea salt and ground black pepper

GUACAMOLE

- 2 avocados, pitted and peeled
- ¼ cup fresh lime juice
- ¼ cup chopped fresh cilantro
- ⅛ tsp sea salt

FISH

- 1 cup almond flour
- 1 large egg
- ½ cup arrowroot
- 12 oz haddock or cod, cut into 9 strips
- ½ tsp sea salt
- 1 tbsp ghee
- 9 large romaine lettuce leaves

1. In a medium bowl, combine salsa ingredients; set aside.

2. In a separate medium bowl, mash together guacamole ingredients; set aside.

3. Prepare fish: In a shallow dish, place almond flour. In a separate shallow dish, beat egg. In a third shallow dish, place arrowroot. Sprinkle fish with salt. Dip fish into arrowroot, shaking off excess, then dip in egg, letting excess drip off, then dip in flour, turning to coat.

4. In a large skillet on medium-high, melt ghee. Add fish; cook for about 7 minutes, turning every 2 minutes, until crispy and cooked through.

5. Place 1 fish strip in each romaine leaf. Top each with guacamole and salsa.

NOTE: If following our Meal Plan, store fish, lettuce, salsa and guacamole in separate containers in the refrigerator. Reheat fish and assemble lettuce wraps when called for.

PER SERVING (3 lettuce wraps): Calories: 688, Fat: 43 g, Sat. Fat: 8 g, Carbs: 52 g, Fiber: 18 g, Sugars: 11 g, Protein: 32 g, Sodium: 757 mg, Cholesterol: 268 mg

SHOPPING LIST

PROTEINS & DAIRY

- 2 oz bacon, no added nitrates or nitrites
- 1 lb ground turkey
- 1¼ lb boneless, skinless chicken breasts
- 10 large eggs
- 12 oz haddock or cod
- 1 carton low-sodium vegetable or chicken broth

VEGGIES & FRUITS

- 2 small yellow onions
- 1 red onion
- 1 shallot
- 1 5- to 6-lb spaghetti squash
- 5 red bell peppers
- 1 small Yukon Gold potato
- 2 lemons
- 3 limes
- 3 avocados
- 7 carrots
- 2 zucchini
- 1 eggplant
- ½ lb cherry tomatoes
- 1 head garlic
- 1 1-inch piece fresh ginger
- 1 bunch fresh mint
- 1 bunch fresh cilantro
- 6 oz fresh pineapple
- 1 jalapeño pepper
- 1 romaine lettuce heart
- 1 16-oz pkg riced cauliflower
- 5 oz shiitake mushrooms
- 8 oz sliced white mushrooms
- 1 large head broccoli
- 2 lb turnips, peeled
- 1 large bunch green onions
- 20 oz bok choy
- 1 can unsalted tomato paste
- 1 14-oz jar artichoke hearts in oil

NUTS, SEEDS & OILS

- 1½ oz unsalted walnuts
- 2 oz sesame seeds
- 1 bag almond flour
- 1 jar creamy, unsweetened almond butter
- 1 container ghee
- 1 bottle olive oil
- 1 bottle avocado oil
- 1 bottle toasted sesame oil
- 1 13.5-oz BPA-free can full-fat coconut milk

PANTRY STAPLES

- 1 bag arrowroot starch
- 1 bottle coconut aminos
- 1 bottle rice vinegar
- 1 bottle apple cider vinegar
- 1 bottle ground pepper
- 1 bottle ground cumin
- 1 bottle ground coriander
- 1 bottle red pepper flakes
- 1 bottle sesame seeds
- 1 bottle smoked paprika
- 1 bottle paprika
- 1 bottle sea salt
- 1 bottle black pepper