

Whole30 Meal Planner - Week 5!

Serves 4

Recipes:

Batch Meal Prep (P): [Beef, Sweet Potato & Brussels Sprout Stew](#)

Best Breakfast (B): [Homemade Sausage Breakfast Bowl](#)

No Cook Lunch (L): [Smoked Salmon Avocado Rolls](#)

Fun Dinner (D): [Sweet Potato Taco Fries](#)

Tessemae's List:

$\frac{3}{4}$ cup [Tessemae's Lemon Garlic](#) P, B

4 Tessemae's [Lemon Garlic Pouches](#) L

2 tablespoons [Tessemae's Slow Roasted Garlic](#) P

1 $\frac{1}{3}$ cup [Tessemae's Ketchup](#) P, D

$\frac{1}{3}$ cup [Tessemae's Creamy Ranch](#) D

Produce:

2 onion P

4 carrots P

4 sprigs thyme P

8 medium sweet potatoes P, B, D

1 pound Brussels sprouts P

1 tablespoon chopped fresh sage B

1 Vidalia onion B

8 cups salad greens B

4 ripe avocados B, L

1 English cucumber L

1 bunch scallions L, D

5 oz mixed greens L

1 large onion D

2 tomatoes D

1 romaine heart or 1 head green leaf lettuce D

Meat/Dairy:

3 pounds beef chuck P

1 pound ground pork B

8 eggs B

16 slices smoked salmon L

$\frac{3}{4}$ pound ground beef D

Pantry:

4 cups chicken broth P

1 teaspoon crushed fennel seeds B

$\frac{1}{4}$ teaspoon crushed red pepper B

2 tablespoons chili powder D

2 teaspoons cumin D

$\frac{1}{2}$ teaspoon dried oregano D

Equipment:

None