

Week 1

Start Date: Sunday October 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Mushroom, Leek and Spinach Frittata	Leftovers Day 1	Scrambled Eggs and Bacon	Bistro Breakfast Salad (S: Arugula)	Scrambled Eggs and Bacon	Bacon, Mushroom Scramble	Chorzio, Vegetable Scramble
Source	W30C p.16	-----	-----	W30C p.12	-----	MMS p. 79	MMS p. 78

Lunch	Buffalo Chicken Salad	Butternut Squash Soup [IP]	Leftovers Day 1	Warm Taco Salad	Leftovers Day 2	Egg Roll Soup	Leftovers Day 6
Source	MMS p. 96	IP p. 94	-----	MMS p. 102	-----	IP p. 102	

Dinner	Beef Brisket w/ Veg (Your Choice) (4 hr Cook / SC 8 hr)	Beef Tacos [U]	Leftovers Day 1	Chicken Tikka Masala [IP]	Leftovers Day 4	Red Curry Shrimp	Pesto Stuffed Prosciutto Chicken [MA]
Source	W30G p. 214	MMS p. 146	-----	IP p. 59	-----	Carolyn Creates	MMS p. 122

Books:

- W30C** [Whole 30 Cookbook](#)
- W30G** [Whole 30 Guide](#)
- MMS** [Meals Made Simple](#)
- IP** [Instant Pot Paleo Meals](#)

Terms:

- SC** Slow Cooker
- D** Double
- MA** Make Ahead
- S** Substitution
- U** Use in another recipe

IP [Instant Pot](#)