

Whole30 + Kosher

Meal Plan Week #4

By: Shulie Nadav- Healthy Israeli Kosher Kitchen

Sunday

- **Breakfast:** Chia Pudding
- **Lunch:** Leftover Chulent
- **Dinner:** Meat Patties with cilantro lime cauliflower rice and cherry tomatoes

Monday

- **Breakfast:** Zucchini and onion scrambled eggs
- **Lunch:** Salad- Lettuce, sweet potatoes, chicken, slivered almonds, and ranch dressing
- **Dinner:** Beef and turkey patties with cauliflower chummus

Tuesday

- **Breakfast:** Chia Pudding
- **Lunch:** Spiced tuna with green beans
- **Dinner:** Coconut cilantro lime beef with broccoli

Wednesday

- **Breakfast:** Roaring Red Eggs with tomato sauce
- **Lunch:** Salad with 2 hardboiled eggs and a smoothie
- **Dinner:** Chicken breast with sweet potatoes and green beans

Thursday

- **Breakfast:** Chia Pudding
- **Lunch:** 4 Tuna cucumber boats
- **Dinner:** Chicken breast, green beans and sweet potato

Friday

- **Breakfast:** Scrambled eggs with tuna
- **Lunch:** Salad- Spinach, cut veg, chicken breast, potatoes, ranch dressing
- **Dinner:** Salmon, Cilantro lime cauliflower rice, roasted vegetables, lamb, chicken