

Whole30 + Kosher

Meal Plan Week #3

By: Shulie Nadav- Healthy Israeli Kosher Kitchen

Sunday

- **Breakfast:** Chia Pudding
- **Lunch:** Salmon, broccoli, potato with ghee
- **Dinner:** Cucumber salad, sauerkraut, London broil, sweet potatoes

Monday

- **Breakfast:** Pashtida
- **Lunch:** Chicken, pepper, and tomato sauce
- **Dinner:** 3 beef patties, ¼ plate of potatoes, tomato

Tuesday

- **Breakfast:** Blueberry Chia Pudding
- **Lunch:** 3 eggs on sweet potato toast with cucumber
- **Dinner:** Tuna filet with lemon pepper green beans

Wednesday

- **Breakfast:** Blueberry Banana Chia Pudding
- **Lunch:** 3 eggs, celery, carrot, almond butter
- **Dinner:** 3 burger patties with pepper and baked potato

Thursday

- **Breakfast:** Chia Pudding
- **Lunch:** Salad with 2 hardboiled eggs
- **Dinner:** Chicken breast with sautéed veggies and mayo

Friday

- **Breakfast:** Chia Pudding
- **Lunch:** Scrambled Eggs
- **Dinner:** Salmon, coleslaw, broccoli & cauliflower, London broil

