

Whole30 + Kosher

Meal Plan Week #5

By: Shulie Nadav- Healthy Kosher Kitchen

Monday, July 21

- **Breakfast:** Green Goodness Eggs
- **Lunch:** Tuna steak with potatoes and broccoli and cauliflower and pineapple
- **Dinner:** Meat patties

Tuesday, July 22

- **Breakfast:** 2 350g jars of chia pudding
- **Lunch:** meat patties with celery and cauliflower chummus
- **Dinner:** pineapple summer chicken salad with lettuce

Wednesday, July 23

- **Breakfast:** Roaring Red Eggs
- **Lunch:** pineapple summer chicken salad with cut vegetables
- **Dinner:** beef and broccoli

Thursday, July 24

- **Breakfast:** 2 chia puddings
- **Lunch:** leftover beef and broccoli
- **Dinner:** tuna steak with green beans

Friday, July 25

- **Breakfast:** Scrambled eggs
- **Lunch:** Pashtida
- **Shabbos Dinner:** Salmon, Broccoli and cauliflower, Denver Steak
- **Snack:** blueberries and almonds

Shabbos, July 26

- **Breakfast:** pashtida
- **Lunch:** salad, salmon, roasted broccoli and cauliflower, diabetic friendly chulent
- **S's:** Salmon, salad, potatoes, cut vegetables, cut fruit