

Whole30 + Kosher

Meal Plan Week #6

By: Shulie Nadav- Healthy Kosher Kitchen

Sunday, July 27

- **Breakfast:** Banana Cream Chia Pudding
- **Lunch:** Salad, Meat and Potatoes
- **Dinner:** Meat Patties, broccoli, cauliflower, and potatoes

Thursday, July 31

- **Breakfast:** Banana Cream Chia Pudding
- **Lunch:** Tuna steak, green beans, and potatoes
- **Dinner:** Veggie packed shakshuka

Monday, July 28

- **Breakfast:** Roaring Red Eggs
- **Lunch:** Fruit Shake
- **Dinner:** Egg roll bowl

Friday, August 1

- **Breakfast-** Spinach Eggs
- **Lunch-** Pashtida with Potato Kugel
- **Shabbos Dinner-** Salmon, Broccoli and Cauliflower, Asado, Potato Kugel

Tuesday, July 29

- **Breakfast-** Apple Strudel Chia Pudding
- **Lunch-** Egg Roll Bowl
- **Dinner-** Chicken, Israeli Salad, Cabbage

Shabbos, August 2

- **Breakfast-** Pashtida
- **Shabbos Lunch-** Salmon, Salad, Whole30 Chulent
- **S's/ Dinner-** Salmon and Sweet Potatoes

Wednesday, July 30

- **Breakfast:** Pashtida
- **Lunch:** Chicken and cabbage
- **Dinner:** Salmon and potatoes

