

# WEEKLY MEAL PLAN



*Simple Eating with  
Clean, Whole Ingredients.*

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THE PLAN

Day 1

|                          |                             |
|--------------------------|-----------------------------|
| Breakfast                | Breakfast Tacos             |
| Lunch                    | Buffalo Chicken Wrap        |
| Dinner                   | Italian Sausage Potato Soup |
| <input type="checkbox"/> | <input type="checkbox"/>    |

Day 2

|                          |                             |
|--------------------------|-----------------------------|
| Breakfast                | Breakfast Tacos             |
| Lunch                    | Buffalo Chicken Wrap        |
| Dinner                   | Italian Sausage Potato Soup |
| <input type="checkbox"/> | <input type="checkbox"/>    |

Day 3

|                          |                             |
|--------------------------|-----------------------------|
| Breakfast                | Go-to Whole30 Breakfast     |
| Lunch                    | Italian Sausage Potato Soup |
| Dinner                   | Plantain Canoes             |
| <input type="checkbox"/> | <input type="checkbox"/>    |

Day 4

|                          |                                |
|--------------------------|--------------------------------|
| Breakfast                | Strawberry Banana Chia Pudding |
| Lunch                    | Chicken Bacon Ranch Salad      |
| Dinner                   | Plantain Canoes                |
| <input type="checkbox"/> | <input type="checkbox"/>       |

Day 5

|           |  |
|-----------|--|
| Breakfast | Go-to Whole30 Breakfast                    |
| Lunch     | Chicken Bacon Ranch Salad                  |
| Dinner    | Chicken Tikka Masala with Cauliflower rice |