

DAY 1



WHOLE 30 BEST OF THE MEDITERRANEAN AIRFRYER BREADED CHICKEN

DAY 2



WHOLE 30 CRISPY AIRFRYER COCONUT PRAWNS

DAY 3



WHOLE 30 BIG FAT VEGGIE FRITTERS IN THE AIRFRYER

DAY 4



WHOLE 30 LIFE CHANGING AIRFRYER VEGGIE PAKORAS

DAY 5



WHOLE 30 AIRFRYER BREAKFAST MUFFINS

WHOLE 30 MEAL PLAN DAY 1-5

SHOPPING LIST

FROM THE PANTRY

- | | |
|---|--|
| <input type="checkbox"/> Casa De Sante Granola 4 Pack | <input type="checkbox"/> Italian Seasoning |
| <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pork Seasoning |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Garlic Puree | <input type="checkbox"/> Mixed Spice |
| <input type="checkbox"/> Tomato Puree | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Desiccated Coconut | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> 1 Can Light Coconut Milk | <input type="checkbox"/> Basil |
| <input type="checkbox"/> 1 Can Coconut Milk | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> 8 Medium Eggs | <input type="checkbox"/> Chinese 5 Spice |
| | <input type="checkbox"/> Salt & Pepper |

FROM THE FREEZER

- Homemade Tomato Sauce

FRUIT & VEGETABLES

- | | |
|--|--|
| <input type="checkbox"/> 2 Red Pepper | <input type="checkbox"/> 1 Bag Lettuce |
| <input type="checkbox"/> 2 Medium Broccoli | <input type="checkbox"/> 1 Medium Cucumber |
| <input type="checkbox"/> 6 Medium Courgettes | <input type="checkbox"/> 1 Bag Tomatoes |
| <input type="checkbox"/> 3 1 Kilo Bags Carrots | <input type="checkbox"/> 3 Medium Avocados |
| <input type="checkbox"/> 2 Large Leeks | <input type="checkbox"/> Bunch Of Bananas |
| <input type="checkbox"/> 1 1 Kilo Bag Onions | <input type="checkbox"/> 1 Kilo Bag Of Apples |
| <input type="checkbox"/> 1 3 Kilo Bag White Potatoes | <input type="checkbox"/> 1 Kilo Bag Of Oranges |
| <input type="checkbox"/> 1 2 Kilo Bag Sweet Potatoes | <input type="checkbox"/> 1 Lime |

MEAT & FISH

- 2 Whole Chickens
- 500g Fresh Prawns
- 500g Minced Beef
- 1 Pack Sausages
- Pack Of Chicken Thighs