

100 Days of Meal Plans – Whole Foods Style

Day 1

Chicken Italiano over cooked noodles, green beans, Cheesy Drop Biscuits

Prep: thaw one pound hamburger meat; chop ½ cup onion and ½ cup green pepper and store in fridge; dice 4 cups potatoes and cover with water – store in fridge for tomorrow; make Poppyseed Dressing (see recipe below).

Day 2

Crock Pot Cheeseburger Soup, side salad with Poppyseed Dressing

Prep: thaw 1 pound ground beef

Day 3

Beef and Onion Shepherd's Pie, green peas

Prep: thaw 2 pounds chicken thighs

Day 4

Crock Pot Chicken and Whole Wheat Dumplings, steamed mixed vegetables

Prep: thaw 1 pound ground sausage; chop 1 medium onion and 3 carrots, dice one potato and cover with water – store in fridge for tomorrow.

Day 5

Sausage Bean and Kale Soup, Cheesy Drop Biscuits, applesauce

Prep: thaw 1½ pounds chicken breast; slice one onion and 3 sweet peppers – store in fridge for tomorrow.

Day 6

Crock Pot Chicken Fajitas with fixings (tortillas, cheese, lettuce, salsa, sour cream), basmati rice

Prep: thaw 3 pounds flank steak

Day 7

Mongolian Venison (or beef), basmati rice, green peas

Prep: cook 1 chicken breast and dice, or thaw 1 cup cooked chicken from freezer.

Day 8

Spaghetti Squash Primavera, side salad with desired dressing

Prep: thaw 1 pound chicken tenders (or more based on serving size)

Day 9

Almost Fried Chicken Tenders, cooked carrots, side salad with Poppyseed Dressing

Prep: chop one onion, two stalks celery, 1 cup carrots and store in fridge for tomorrow

Day 10

Crock Pot Lentil Vegetable Soup, Combread

Prep: none required

Day 11

Black Bean Wraps, side salad, fruit (whatever is in season)

Prep: thaw chicken breast and bacon for crock recipe tomorrow

Day 12

Crock Pot Maple Bacon Wrapped Chicken, basmati rice, steamed mixed veggies

Prep: thaw ground beef for meatballs

Day 13

Bacon Meatball Stroganoff, cooked egg noodles, steamed broccoli

Prep: thaw cube steak for tomorrow; prep potatoes for tomorrow

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Day 14

[Chicken Fried Steak with gravy](#), mashed potatoes, green beans

Prep: thaw chicken and spinach for tomorrow

Day 15

[Mediterranean Chicken and Rice](#), side salad

Prep: peel and chop potatoes, cover with water and store in fridge for tomorrow

Day 16

[Pepperjack Potato Soup](#), [Cheesy Drop Biscuits](#), applesauce

Prep: thaw ground beef/turkey for tomorrow

Day 17

[Cheeseburger Macaroni](#), side salad, fruit (whatever is in season)

Prep: thaw ground beef and sausage for crock pot meal

Day 18

[Crock Pot German Meatloaf](#), mashed potatoes, roasted Brussels sprouts

Prep: thaw chicken breast for tomorrow

Day 19

[Spice Rubbed Vinegar Glazed Chicken](#), green beans, cooked frozen corn

Prep: thaw chicken breasts for tomorrow

Day 20

[No Junk No Peek Chicken](#), roasted broccoli, cooked carrots

Prep: none required

Day 21

[Balsamic Tuna Salad](#) served over fresh greens, roasted potatoes with butter

Prep: thaw or purchase whole chicken

Day 22

[Crock Pot Whole Baked Chicken](#), lima beans, [Macaroni and Cheese](#)

Prep: soak cornbread for tomorrow, if desired

Day 23

[Coconut Chicken Soup](#) (using chicken left from last night's dinner), [Soaked Cornbread](#), applesauce

Prep: thaw sausage

Day 24

[Mama's Sausage Macaroni](#), green beans, corn

Prep: make [hamburger buns](#)

Day 25

[Mexican Black Bean Burgers](#) on [Homemade Buns](#) with baked potatoes and fixings

Prep: thaw chicken; chop potatoes and cover with water, store in fridge for tomorrow; chop onion, green pepper, celery and carrots for tomorrow

Day 26

[Crock Pot Chicken Pot Pie Stew](#) with biscuits, side salad

Prep: none required

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Day 27

[No Boil Mac & Cheese](#), roasted broccoli, fruit (whatever is in season)

Prep: boil eggs and refrigerate for tomorrow

Day 28

[Mom's Egg Salad Sandwiches](#), tortilla chips and salsa, sliced apples

Prep: thaw hamburger

Day 29

[Cheeseburger Tortilla Skillet](#), roasted Brussels sprouts, corn

Prep: thaw hamburger

Day 30

[One Pot Spaghetti](#), green beans, corn

Prep: buy salmon

Day 31

[Bourbon Salmon](#), cooked basmati rice, peas, applesauce

Prep: thaw chicken breasts/tenders

Day 32

[Crock Pot Tuscan Chicken](#), cooked noodles, side salad

Prep: cook rice and refrigerate

Day 33

[Tuna Fried Rice](#), side salad

Prep: make pitas for tomorrow (recipe ideas linked in recipe), thaw hamburger

Day 34

[Pick Pocket Tacos](#), tortilla chips and salsa

Prep: thaw sausage; buy shrimp; dice onion, pepper and celery and store in fridge

Day 35

[Spicy Shrimp and Sausage Jambalaya](#), cooked green peas

Prep: none required

Day 36

[Skillet Pizzas](#), side salad

Prep: make homemade cream soup and Italian dressing mix; thaw stew meat

Day 37

[One Dish Meat and Potato Meal](#), green beans

Prep: thaw chicken thighs; chop onion and green pepper for tomorrow

Day 38

[Crock Pot Chicken Cacciatore](#), cooked noodles, green beans

Prep: wash potatoes

Day 39

Baked Potatoes with fixings, side salad with [Avocado Dressing](#)

Prep: thaw ground turkey; chop red onion and refrigerate

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Day 40

[Turkey Chili](#), [Skillet cornbread](#), fruit (whatever is in season)

Prep: thaw hamburger; peel and dice potatoes, cover with water and store in fridge; dice onions, carrot, and cabbage and store in fridge

Day 41

[Hamburger Vegetable Soup](#), [Cheesy Drop Biscuits](#), sliced apples

Prep: thaw tilapia

Day 42

[Pecan Crusted Tilapia](#), mashed potatoes, green beans

Prep: cook and chop chicken for tomorrow; cook rice

Day 43

[Chicken Divan](#) (see post for homemade recipe links), side salad

Prep: thaw or buy beef roast

Day 44

[Crock Pot Cajun Roast](#), basmati rice, steamed mixed veggies

Prep: cook white beans if needed

Day 45

[Pasta with White Bean Sauce](#), roasted broccoli

Prep: thaw chicken breast

Day 46

[Coconut Milk Chicken](#), riced cauliflower, green beans

Prep: thaw venison/beef

Day 47

[Korean Venison/Beef](#), basmati rice, stir-fried veggies

Prep: brown ground beef for pizza; time pizza for tomorrow so you have enough time to rise the dough

Day 48

[Cheeseburger Pizza](#), [pizza crust](#), side salad

Prep: thaw chicken breast, cook black beans if needed

Day 49

[Chicken Tortilla Soup](#), tortilla chips, applesauce

Prep: thaw pork chops, chop onion

Day 50

[Crock Pot Roasted Red Pepper Pork Chops](#), basmati rice, green peas

Prep: thaw chicken breast, chop broccoli and store in fridge

Day 51

[Chicken Stir-Fry](#), served over cooked rice noodles, fruit (whatever is in season)

Prep: none required

Day 52

[Mama's Tomato Soup with Cloves](#), grilled cheese sandwiches

Prep: boil eggs

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Day 53

[Bacon, Egg, Avocado and Tomato Salad](#), crackers, fruit (whatever is in season)

Prep: thaw chicken

Day 54

[Chicken with Cream Sauce](#), cooked noodles, green beans, corn

Prep: cook and shred chicken

Day 55

[Easy Chicken Enchilada Casserole](#), basmati rice, green beans

Prep: slice cabbage and refrigerate

Day 56

[Crock Pot Italian Sausage and Cabbage](#), side salad

Prep: wash potatoes, thaw hamburger

Day 57

[Taco Potatoes](#), applesauce

Prep: make cornbread; chop veggies of desire and store in fridge; make Ranch dressing (linked in recipe below); thaw ham (or other meat) for salad

Day 58

[Cornbread Salad](#), fruit (whatever is in season)

Prep: none required

Day 59

[Black Bean Tostados with Cilantro Cream Sauce](#), fruit (whatever is in season), cheese cubes

Prep: thaw chicken breast; thaw spinach if using frozen

Day 60

[Crock Pot Red Chicken with Spinach](#), basmati rice, roasted broccoli

Prep: chop desired veggies for Dinner Packets

Day 61

[Hobo Dinner Packets](#), side salad with [Coconut Vinegar dressing](#)

Prep: thaw chicken

Day 62

[Chicken and Waffles](#), applesauce

Prep: thaw sausage; thaw chicken breast

Day 63

[White Lasagna](#), green beans, corn

Prep: thaw ground beef

Day 64

[Pumpkin Chili](#), Cheesy Drop Biscuits, side salad

Prep: thaw steak; PREPARE AHEAD – DINNER TOMORROW SIMMERS 3-4 HOURS; slice onions, mushrooms and carrots and store in fridge

Day 65

[Beef Burgundy](#), cooked noodles, green peas, steamed carrots

Prep: make Hamburger Buns

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Day 66

[Salmon Burgers](#), baked sweet potatoes with butter and cinnamon

Prep: thaw chicken, chop dates

Day 67

[Roast Chicken](#), mashed potatoes, lima beans

Prep: thaw chicken, chop onion and store in fridge

Day 68

[Crock Pot Butter Chicken](#), basmati rice, roasted broccoli

Prep: cook cauliflower and store in fridge

Day 69

[Cauliflower Crust Pesto Pizza](#), side salad

Prep: chop veggies of choice and store in fridge, thaw chicken

Day 70

[Summer Stir-Fry](#), cooked quinoa, fruit (whatever is in season)

Prep: chop onion and store in fridge

Day 71

[Black Bean Soup](#), grilled cheese sandwiches

Prep: none required

Day 72

[Homemade Macaroni and Cheese](#), roasted broccoli, fruit (whatever is in season)

Prep: none required

Day 73

[Veggie Potato Hash](#), fried eggs, toast

Prep: thaw sausage

Day 74

[Crock Pot Chile Rellenos](#), roasted mixed veggies

Prep: chop celery, carrots and onions and store in fridge; cook and shred chicken

Day 75

[Chicken and Noodles](#), [Cheesy Drop Biscuits](#), apple slices

Prep: thaw hamburger

Day 76

[Hamburger Stroganoff](#), cooked noodles, roasted asparagus and carrots

Prep: thaw hamburger, chop onion and shred carrots and store in fridge

Day 77

[Pizza Soup](#), side salad

Prep: chop onion, celery, pepper and carrots and store in fridge, thaw corn

Day 78

[Spicy White Bean Chowder](#), [Cheesy Drop Biscuits](#), applesauce

Prep: wash lettuce

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Day 79

[BLT Salad with Egg](#), sliced apples

Prep: thaw hamburger; chop onion and store in fridge; cook beans if needed

Day 80

[Crock Pot Cincinnati Chili](#), cooked noodles, side salad

Prep: thaw chicken and prepare in advance to marinate the chicken in fridge

Day 81

[Classic Grilled Chicken](#), green beans, corn

Prep: thaw chicken, sausage and shrimp; chop onion and bell pepper and store in fridge

Day 82

[Jiffy Jambalaya](#), roasted broccoli

Prep: peel, chop and boil potatoes for tomorrow

Day 83

[Corn Chowder](#), side salad, applesauce

Prep: make hamburger buns

Day 84

[Stuffed Burgers](#), baked potatoes with fixings

Prep: wash, halve and core green peppers, thaw hamburger

Day 85

[Mexican Stuffed Peppers](#), basmati rice, fruit (whatever is in season)

Prep: wash and soak beans overnight; cook and chop chicken

Day 86

[Crock Pot Spicy Chicken Soup](#), Cheesy Drop Biscuits, fruit (whatever is in season)

Prep: thaw and marinate chicken for tomorrow

Day 87

[Asian Honey Sesame Chicken](#), mashed potatoes, green peas

Prep: none required

Day 88

[Fried Rice](#), fruit plate (whatever is in season)

Prep: grate carrot and dice onion for tomorrow, store in fridge

Day 89

[Mayo-less Tuna Salad on bread](#), baby carrots dipped in ranch dressing, almonds or mixed nuts

Prep: thaw butt, make buns

Day 90

[Crock Pot Teriyaki Boston Butt](#) on homemade buns, green beans, corn

Prep: thaw chicken

Day 91

[Ginger Chicken Curry](#), basmati rice, roasted broccoli and carrots

Prep: thaw hamburger, chop onion and pepper and store in fridge

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Day 92

[Spicy Succotash Soup](#), grilled cheese sandwiches

Prep: prepare chicken for tomorrow; slice pepper and onion and store in fridge with chicken

Day 93

[Lemony Chicken Salad Wraps](#), fruit, carrots with ranch dressing

Prep: thaw hamburger; cube potatoes, cover with water and store in fridge for tomorrow

Day 94

[Crock Pot Meat Loaf](#), green beans

Prep: thaw desired meat for tacos

Day 95

[Taco Quesadillas](#), side salad, fruit (whatever is in season)

Prep: chop onion and pepper and store in fridge

Day 96

[Barbecue Chicken Dinner Packets](#), fruit tray (whatever is in season)

Prep: thaw sausage; chop onion and pepper and store in fridge

Day 97

Tastes like [Lasagna Soup](#), [Cheesy Drop Biscuits](#), side salad

Prep: thaw ground chicken

Day 98

[Crock Pot Chicken Meatballs in Marinara](#), Zoodles/noodles, side salad

Prep: none required

Day 99

[St. Louis Style Pizza](#), side salad

Prep: thaw chicken

Day 100

[Baked Parmesan Chicken](#), roasted broccoli, corn