

WHOLE30 SHOPPING LIST

WEEK 1

PRODUCE

12 LARGE SWEET POTATOES
2 BANANAS
4 AVOCADOS
3 CUPS BRUSSELS SPROUTS
1 LARGE ONION
2 YELLOW ONION
1 SMALL RED ONION
1 GREEN APPLE
1 CUP RED GRAPES
3 LARGE HEADS ROMAINE
2 SERVINGS VEGGIES
4 SERVINGS FRUIT
PINT FRESH BLUEBERRIES
3-4 LARGE ZUCCHINI
1 HEAD GARLIC
1 BUNCH CILANTRO
2 LARGE BUNCHES KALE
2 ROMA TOMATOES
1 CUCUMBER
1 CARROT
1 HEAD FRESH CAULIFLOWER
1 GREEN BELL PEPPER
1 BUNCH FRESH PARSLEY
1 BAG FROZEN CAULIFLOWER
1 10-OUNCE BOX FROZEN
CHOPPED SPINACH
1 HEAD BIBB LETTUCE
1 BUNCH SWISS CHARD OR KALE
1 LARGE EGG, WHISKED
KNOB OF FRESH GINGER
1 SERRANO PEPPER
1 BUNCH GREEN ONIONS
1 LEMON
1 LIME

MEAT / REFRIGERATED

2 POUNDS CHICKEN BREAST
1-1.5 POUND SIRLOIN STEAK
6 CHICKEN THIGHS
2 POUNDS LEAN GROUND PORK
1 POUND LEAN GROUND BEEF
2 POUNDS GROUND TURKEY
2 POUNDS GROUND CHICKEN
BREAST (TRY MAKE YOUR OWN TO
SAVE!)
1 POUND SHRIMP
2 FROZEN BURGERS OR MEAT TO
MAKE THEM FRESH
2 PACKAGES PALEO BACON (OR 1
PACKAGE BACON AND 1 POUND
HOMEMADE BREAKFAST SAUSAGE)
2 DOZEN EGGS
1 CARTON UNSWEETENED
ALMOND MILK
WHOLE30 RANCH (OR HOMEMADE)

PANTRY

4 CANS FULL-FAT COCONUT MILK
ALMOND BUTTER
CAJUN SEASONING BLEND
1/4 CUP NUTRITIONAL YEAST
2 CUPS RAISINS
2 CUPS NUTS
1 CUP SEEDS
1 CUP PALEO MAYO (OR DIY)
1 1/2 TBLS. GARAM MASALA
1 CAN TOMATO PASTE
28-OUNCE CAN DICED TOMATOES
28-OUNCE CAN CRUSHED TOMATOES
2 TBLS. ITALIAN SEASONING
1 JAR NO-SUGAR-ADDED APRICOT
JAM
1 TABLESPOON CURRY POWDER
2 TABLESPOONS COCONUT AMINOS

PANTRY STAPLES

INCLUDED IN THIS WEEK'S RECIPES ARE THESE PANTRY BASICS:

GHEE, BAY LEAVES, GARLIC POWDER, PAPRIKA, SALT, PEPPER, AND COOKING FAT LIKE COCONUT OR OLIVE OIL,

SUGGESTED TO MAKE ONE OR TWO DAYS BEFORE STARTING: BREAKFAST CASSEROLE, HOMEMADE MAYO, CHIMICHURRI, PALEO CEREAL, CHICKEN SALAD RANCH DRESSING.

CM