

WHOLE30 PREP

BEFORE THE WHOLE30

STOCK UP

BUY FOR PREP RECIPES

MAKE

ALMOND BUTTER
LA CROIX SPARKLING WATER
TEA BAGS
COFFEE
FULL-FAT COCONUT MILK
BULK MEAT, GROUND MEAT,
SEAFOOD (FOR FREEZER)
COCONUT OIL
AVOCADO OIL
PALEO MAYO (PREFERABLY MAKE
YOUR OWN - IT'S EASY!)
AIDELL'S CHICKEN APPLE SAUSAGE
COMPLIANT LARA BARS
EPIC BARS
COMPLIANT TESSEMAE'S DRESS-
INGS
EGGS
UNSWEETENED ALMOND MILK
SPIRALIZER
FOOD PROCESSOR
BLENDER

1 12-OUNCE PACKAGE PALEO BACON
2 LARGE SWEET POTATOES
3 CUPS BRUSSELS SPROUTS
1 LARGE ONION
2 DOZEN EGGS
LIGHT-TASTING OLIVE OIL
DRY MUSTARD POWDER
3-4 LEMONS
1 CAN FULL-FAT COCONUT MILK
1 CAN COCONUT CREAM
2 CUPS RAISINS
2 CUPS NUTS (ALMONDS, WALNUTS,
CASHEWS)
1 CUP SEEDS (LIKE CHIA, SUNFLOWER)
GARLIC
2 BUNCHES FRESH PARSLEY
1 BUNCH FRESH CILANTRO
DRIED OREGANO
2 POUNDS BONELESS CHICKEN
BREASTS
1 CUP RED GRAPES
1 GREEN APPLE
COCONUT MILK

PALEO BREAKFAST CASSEROLE
CHICKEN SALAD
HOMEMADE MAYONNAISE
RANCH DRESSING (WITH
HOMEMADE MAYO)
CHIMICHURRI
PALEO CEREAL

PANTRY
STAPLES

INCLUDED IN THIS WEEK'S RECIPES ARE THESE PANTRY BASICS:
GHEE, BAY LEAVES, CRUSHED RED PEPPER, GARLIC POWDER, PAPRIKA, SALT, PEPPER, AND
COOKING FAT LIKE COCONUT OR OLIVE OIL,

