

WHOLE30 SHOPPING LIST

WEEK 2

PRODUCE

MEAT / REFRIGERATED

PANTRY

2 MANGOS
3 AVOCADOS
1 SMALL RED ONION
2 BUNCHES FRESH CILANTRO
1 HEAD CAULIFLOWER
3 LIMES
1 BUNCH FRESH BASIL
1 BUNCH FRESH PARSLEY
3 MEDIUM YELLOW ONIONS
2-3 HEADS GARLIC
2 LARGE HEADS OF ROMAINE
LETTUCE
1 AVOCADO, SLICED
1 CUP CHERRY TOMATOES
1 BUNCH GREEN ONIONS
1 RED PEPPER
1 YELLOW PEPPER
1 SMALL KNOB FRESH GINGER
ROOT
1 LEMON
2 LARGE HEADS BROCCOLI
4 MEDIUM YELLOW POTATOES
2 BUNCHES KALE
3 SMALL OR 2 LARGE ZUCCHINI
1 6-OUNCE BAG FRESH BABY
SPINACH
13 SWEET POTATOES
1 SMALL BUNCH BANANAS
1 BUNCH GREEN ONIONS
1 HALF PINT FRESH BLUEBERRIES
1 HEAD LETTUCE
3 LARGE YELLOW POTATOES

4 PIECES PROTEIN, YOUR CHOICE
(OR AIDELL'S SAUSAGE)
1 1/2 POUNDS SALMON
1 POUND SHRIMP
4 BONELESS SKINLESS CHICKEN
BREASTS
8 SLICES PROSCIUTTO
2 POUND GROUND BEEF
3 POUNDS GROUND PORK (OR 2
POUNDS GROUND PORK AND 1
POUND GROUND ITALIAN SAUSAGE)
1 POUND GROUND CHICKEN
2 DOZEN EGGS
4 SLICES BACON
PACKAGE OF AIDELL'S CHICKEN
APPLE SAUSAGE

1 CUPS UNSWEETENED SHREDDED
COCONUT
2 TABLESPOONS COCONUT FLOUR
4 SUNDRIED TOMATO HALVES
2 CUPS COMPLIANT MARINARA
2 CUPS BEEF BROTH
3 TABLESPOONS TAPIOCA FLOUR
4 CANS FULL-FAT COCONUT MILK
1 CAN LITE COCONUT MILK
1 CUP OF PLANTAIN CHIPS
1/2 CUP APRICOT JAM
2 TABLESPOONS COCONUT AMINOS
4 CUPS CHICKEN STOCK
1 TABLESPOON RED WINE VINEGAR
1/4 TEASPOON GROUND FENNEL SEED
1/2 CUP FRANK'S RED HOT SAUCE
FEW SPOONFULS ALMOND BUTTER
UNSWEETENED RAISINS
DRIED MARJORAM

PANTRY STAPLES

INCLUDED IN THIS WEEK'S RECIPES ARE THESE PANTRY BASICS:
OLIVE OIL (ABOUT 2 TOTAL CUPS OR SO), BLACK PEPPER, SALT, RED PEPPER FLAKES, GHEE, A-
PAPRIKA, CHILI POWDER, GARLIC POWDER, ONION POWDER, DRIED OREGANO, CUMIN,
COCONUT OIL, MAYO, CINNAMON, NUTMEG, CLOVES, DRIED BASIL, SAGE, DRIED THYME,
GROUND CLOVES

IF YOU MADE CHIMICHURRI FOR WEEK 1, YOU MAY OMIT 1 BUNCH PARSLEY AND 1 BUNCH CILANTRO