

# WHOLE30 SHOPPING LIST

## WEEK 3

### PRODUCE

### MEAT / REFRIGERATED

### PANTRY

5 SERVINGS VEGGIES (WHAT-  
EVER YOU WANT)  
1 MEDIUM GREEN APPLE  
2 CELERY RIBS  
24 OUNCES BABY SPINACH  
1 BUNCH GREEN ONIONS  
2 CUPS MUSHROOMS, PREFERA-  
BLY SHIITAKE  
3 SERRANO PEPPERS  
2 FRESNO CHILES  
3 HEADS GARLIC  
2 STALKS LEMONGRASS  
3-INCH PIECE GINGER  
4 LIMES  
1 BUNCH FRESH CILANTRO  
2 ACORN SQUASH  
2 MEDIUM WHITE ONION  
2 HEADS CAULIFLOWER  
1 LARGE CUCUMBER  
1 CUP CHERRY TOMATOES  
1 RED ONION  
1/3 CUP MINT  
1 BUNCH FRESH FLAT-LEAF  
PARSLEY  
3 LEMONS  
1 ROMA TOMATO  
1/2 CUP KALAMATA OLIVES  
2 MEDIUM PURPLE EGGPLANT  
2-3 MEDIUM ZUCCHINI  
1 TABLESPOON BASIL  
1/2 CUP FRESH BLUEBERRIES  
1 BUTTERNUT SQUASH  
2 BUNCHES KALE  
4 CROWNS BROCCOLI  
1 YELLOW ONION  
2 GALA APPLES  
5 SWEET POTATOES  
2 MEDJOO DATES  
2 BANANAS

4 BONELESS PORK LOIN CHOPS, 1" THICK  
2 POUNDS SHRIMP  
1 POUND GROUND CHICKEN BREAST (OR  
GRIND IT YOURSELF FROM BONELESS  
SKINLESS BREASTS)  
1 POUND CHICKEN PIECES (BONELESS  
SKINLESS CHICKEN BREASTS, THIGHS, ETC)  
1 16-OUNCE PACKAGE FROZEN CHOPPED  
SPINACH  
3 DOZEN EGGS  
1 12-OUNCE BAG FROZEN ARTICHOKE  
HEARTS  
1 POUND SCALLOPS  
2 FILET MIGNON  
2 LINKS AIDELL'S CHICKEN APPLE SAUSAGE  
12-OUNCE PACKAGE FROZEN BLUEBER-  
RIES  
2 CUPS CHICKEN, ABOUT 2 SMALL  
BONELESS SKINLESS CHICKEN BREASTS

2 32-OUNCE CARTONS CHICKEN BROTH  
RED BOAT FISH SAUCE  
5 13.5-OUNCE CANS COCONUT MILK  
1/2 TEASPOON GARAM MASALA  
3 TEASPOONS GROUND CORIANDER  
6 TABLESPOONS TAHINI  
1 1/3 CUP GROUND FLAXSEED  
1/2 CUP ALMOND BUTTER  
4 TEASPOON SESAME OIL  
1/2 CUP TOMATO PASTE  
SPRINKLE OF SMOKED PAPRIKA  
1 TEASPOON SUMAC OR 1 TEASPOON  
LEMON ZEST  
3/4 CUP PURE APPLE CIDER  
2 TABLESPOONS TAPIOCA STARCH  
CAN OF COCONUT CREAM  
1/2 CUP MAYO  
1/4 CUP ROASTED CASHEWS  
1/4 CUP RAISINS

## PANTRY STAPLES

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

DRIED GINGER, TURMERIC, CAYENNE, CUMIN, RED WINE VINEGAR, OLIVE OIL, 1/4 CUP APPLE CIDER VINEGAR, 4 TEASPOON RED PEPPER FLAKES, COCONUT OIL, DRIED THYME, GARLIC POWDER, CINNAMON, ABOUT 1 CUP GHEE, NUTMEG, SHREDDED COCONUT, 2 TABLESPOONS CURRY POWDER, "CREAMER" FOR YOUR COFFEE

