

WHOLE30 SHOPPING LIST

WEEK 4

PRODUCE

MEAT / REFRIGERATED

PANTRY

8 MEDIUM WHITE ONIONS
5 HEADS GARLIC
2 JALAPENO PEPPERS
2 POBLANO PEPPERS
4 LIMES
2 BUNCHES CILANTRO
7 AVOCADOS
1 BUNCH GREEN ONIONS
2 SMALL RED ONION
1 SWEET BELL PEPPER
5 MEDIUM SWEET POTATOES
1 CUP FRESH MINT LEAVES
2" PIECE FRESH GINGER
2 SERRANO PEPPER
1 MEDIUM-LARGE EGGPLANT
1 MEDIUM YELLOW ONION
8-OUNCE BAG BABY SPINACH
1 HABANERO PEPPER
2 HEADS CAULIFLOWER
1 LARGE MANGO
1 BUNCH KALE
1 TABLESPOON FRESH CHIVES
2 CUPS FRESH OR FROZEN BERRIES
1 BANANA
1/2 CUP CHERRY TOMATOES
1 BAG CABBAGE COLESLAW MIX
PICO DE GALLO OR FRESH SALSA

3 1/2 POUNDS CHICKEN BREASTS
3 POUNDS GROUND BEEF
4-5 POUND CHICKEN
18 WHOLE WINGS
3/4 CUP COMPLIANT ORANGE OR MANGO JUICE, NO SUGAR ADDED
4 WHITE FISH FILETS
2 DOZEN EGGS
1 POUND GROUND CHICKEN
6 SLICES COMPLIANT BACON

2 QUARTS + 1 CAN CHICKEN STOCK + 1 CAN
2 28-OUNCE CANS DICED FIRE-ROASTED TOMATOES
CHIPOTLE CHILI POWDER
16-OUNCE CAN + 1 TEASPOON TOMATO PASTE
1 14-OUNCE CAN BEEF BROTH
1 TABLESPOON GROUND CORIANDER
1 1/2 TABLESPOON TURMERIC
1 TABLESPOON GARAM MASALA
2 CANS FULL-FAT COCONUT MILK
1/2 TABLESPOON COCONUT AMINOS
4 TABLESPOONS TAPIOCA FLOUR
1/4 CUP UNSWEETENED COCONUT FLAKES
1/4 CUP COMPLIANT BARBECUE SAUCE, LIKE TESSEMAE'S
1 29-OUNCE CAN OF PUMPKIN
2 MEDJOL DATES

PANTRY STAPLES

INCLUDED IN THIS WEEK'S RECIPES ARE THESE PANTRY BASICS:
ABOUT 1 CUP COCONUT OIL, 1/2 CUP OLIVE OIL, 1/2 CUP PALEO MAYONNAISE, 1/2 CUP GHEE, CUMIN, CHILI POWDER, GARLIC POWDER, CAYENNE, ALLSPICE, OREGANO, GINGER POWDER, COCOA POWDER, SALT, PAPRIKA, DRIED THYME, CINNAMON

