

Whole30 Shopping List

WEEK ONE

<i>Produce</i>	<i>Meat + Refrigerated</i>	<i>Pantry</i>
1 acorn squash	4 Aidell's chicken apple sausages	2 10-oz. cans tomatoes with green chiles
10 avocados	1 lb. breakfast sausage, <i>or ground pork if you can't find sausage</i>	3 13.5-oz. cans coconut cream
8 oz. baby bella mushrooms	3 cups cauliflower rice	1 13.5-oz. can coconut milk
1 banana	1 1/2 cups frozen cherries	3 5-oz. cans tuna
12 bell peppers, <i>a mix of red, yellow, and green</i>	9 boneless skinless chicken breasts	1 8-oz. can water chestnuts
1 head Bibb lettuce	chicken 4 cups	1/4 cup chia seeds
6 cups broccoli	4 lbs. ground chicken	1 bottle coconut aminos
1/2 cup shredded carrots	28 eggs	1/2 cup hot sauce, <i>plus more to taste</i>
1 head cauliflower	1.5 lbs. flank steak	ranch dressing (<i>Or make your own - you'll need lots!</i>)
celery sticks, <i>if desired with buffalo chicken casserole</i>	1 lb. shredded hash brown potatoes	Red Boat fish sauce
2 bunches cilantro	2 lbs. ground pork (<i>or 3 lb. if you can't find breakfast sausage</i>)	rice wine vinegar (<i>Make sure you get a compliant brand</i>)
14 oz. bag coleslaw mix		plenty of mayonnaise
3 heads garlic		5 cups chicken broth
large knob fresh ginger		red Thai curry paste
1/2 cup grape tomatoes		sesame seeds
4 cups green beans		smoked sea salt
4 bunches green onions		taco seasoning <i>or make your own</i>
1 lemongrass stalk		
2 lemons		
11 limes		
4 fresh jalapeños		
1 bunch fresh parsley		
1 cup raspberries		
1 red onion		
about 14 cups salad greens		
2 shallots		
about 15 snacking peppers		
2 tomatoes		
1 white onion		
2 yellow onions		
12 zucchinis		

Pantry staples

Make sure you have these items on hand or add them to your list.

almond butter, arrowroot powder, avocado oil, black pepper, chili powder, cinnamon, coconut oil, garlic powder, ghee, ginger powder, olive oil, onion powder, paprika, red pepper flakes, salt, sesame oil, sesame seeds, white pepper, white vinegar

