

Whole30 Shopping List

WEEK TWO

<i>Produce</i>	<i>Meat + Refrigerated</i>	<i>Pantry</i>
8 avocados	2 12-oz. bags frozen cauliflower	2 14.5-oz. cans fire roasted diced tomatoes
fresh basil (1 tbsp.)	1 lb. Aidell's chicken apple sausage	12 cups chicken broth or stock
6 bell peppers (make sure 3 are red)	4 boneless skinless chicken breasts	2 14-oz. cans coconut cream
12 cups broccoli	8 cups cauliflower rice	2 14-oz. cans full fat coconut milk
about 4 pounds + 8 medium yellow potatoes	1 1/2 pounds sirloin steak	28 oz. crushed tomatoes
1 stick celery (plus more for garnish)	32 eggs	hot sauce (1/4 cup)
1 cucumber	1 lb. flank steak	ranch dressing
2 cups fingerling potatoes	2 cups fresh salsa	ghee (about 2 cups)
1 bunch cilantro	1 16-oz. bag frozen chopped spinach	
3 lemons	1 lb. ground chicken	
1 bunch fresh parsley	2 lbs. ground pork (or 4 pounds if you can't find Italian sausage, 5 if you can't find breakfast sausage)	
18 cups fresh spinach	2 lbs. Italian sausage (or more ground pork)	
1 bunch fresh tarragon	1 lb. shrimp	
6 limes	1 naked rotisserie chicken (or raw whole chicken)	
5 heads garlic	1 lb. breakfast sausage (or 1 moore pound ground pork)	
3 cups grape tomatoes	12 slices bacon	
4 cups green beans		
2 bunches green onions		
2 bunches kale		
3 white onions		
1 red onion		
5 Roma tomatoes		
16 cups salad greens		
2 shallots		
3 cups sliced button mushrooms		
6 sweet potatoes		
3-4 medium zucchini		
1 head lettuce like green leaf or romaine		

Pantry staples

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

almond milk, avocado oil, black pepper, Cajun seasoning, cayenne pepper, chili powder, chipotle pepper powder, cinnamon, coconut aminos, crushed red pepper flakes, dried marjoram (just a pinch), dried oregano, dried parsley, dried sage, garlic powder, ground cloves (just a pinch), cumin, Italian seasoning, olive oil, salt, mayonnaise, poultry seasoning, sweet paprika, tapioca starch, turmeric, white wine vinegar (1/2 cup)

