

# Whole30 Shopping List

## WEEK THREE

<i>Produce</i>	<i>Meat + Refrigerated</i>	<i>Pantry</i>
2 apples	9 cups cauliflower rice	2 10-oz. cans tomatoes with green chiles
7 avocados	7 boneless skinless chicken breasts	1 14-oz. can artichoke hearts
10 oz. baby spinach	1 lb. boneless skinless chicken thighs	3 14-oz. cans coconut milk ( <i>or 4 if you can't find compliant yogurt</i> )
1 cup berries, like raspberries	28 eggs	1 14.5-oz can chicken broth
1 head Bibb lettuce	fresh salsa ( <i>1 1/2 cups</i> )	4 Aidell's chicken apple sausages
1 head cabbage	1 lb. ground beef	cassava flour ( <i>1/3 cup - or more arrowroot / tapioca starch</i> )
1 carrot	1 lb. ground pork	mustard seeds
1 bunch cilantro	2 lbs. pork tenderloin	1 can pineapple juice or chunks
2 cucumbers	1 lb. shrimp	1 compliant yogurt ( <i>or 1 more can coconut milk</i> )
4 cups fingerling potatoes	10 slices bacon	1 cup raw cashews
2 bunches flat leaf parsley		1/3 cup sesame seeds
fresh dill ( <i>1 tbsp.</i> )		ranch dressing ( <i>lots - just in case!</i> )
3 lemons		
4 head garlic		
medium knob ginger		
3/4 cup grape tomatoes		
2 bunches green onions		
1 jalapeño		
1 bunch kale		
3 limes		
4 cups white or baby bella mushrooms		
1 navel orange		
4 small onions		
2 plantains		
1 red bell pepper		
2 red onions		
2 Roma tomatoes		
12 cups salad greens		
2 serrano chiles		
3 cups snacking peppers		
3 medium sweet potatoes		
1 bunch Swiss chard		
1 tomato		
5 medium zucchinis		

## Pantry staples

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

apple cider vinegar, avocado oil, black pepper, chili powder, chimichurri, chipotle pepper powder, cinnamon, coconut aminos, coconut oil, cumin, crushed red pepper flakes, curry powder, dried minced onion, dried basil, dried oregano, dried thyme, olive oil, fish sauce, garam masala, garlic powder, garlic salt, ghee, nutritional yeast, onion powder, rice wine vinegar, salt, sesame oil, skewers, smoked paprika, turmeric, white vinegar

