

Whole30 Meal Plan

List

WEEK ONE

	Breakfast	Lunch	Dinner
Mon	Hashbrown Casserole	Greek Meal Prep	Egg Roll in a Bowl
Tues	Hashbrown Casserole	Egg Roll in a Bowl	IP Chicken Pot Pie Soup
Wed	Eggs your way with avocado and tomatoes with olive oil and S&P	Greek Meal Prep	Crockpot Chicken Fajitas
Thurs	Hashbrown Casserole	IP Chicken Pot Pie Soup	Buffalo Chicken Meatballs
Fri	Sweet Potato Breakfast Bowl topped with almond butter and fruit with side of garlicky kale	Crockpot Chicken Fajitas	Lemon Garlic Salmon
Sat	Hashbrown Casserole	Buffalo Chicken Meatballs	Clam Chowder
Sun	Sausage or bacon with avocado and side of veggie of choice	Chicken Cobb Salad	Tuscan Chicken



Whole30 Shopping List

WEEK ONE

Produce

3 white onions
2 cucumbers
35 garlic cloves
2 shallots
fresh dill
tomatoes
1 pack of grape tomatoes
2 bunches of parsley
1/4 cup mint leaves
2 scallions
1/2 teaspoon grated lemon zest
2 tablespoons of lemon juice + 1/4 cup
kalamata olives
2 bunches green onions
2 medium red onions
1 teaspoon freshly grated ginger
1 14 oz. bag of coleslaw mix
8 cups lettuce
3 carrots
5 stalks of celery
2 lbs. red potatoes
2 tablespoons fresh thyme leaves + 1 avo
3 medium bell peppers
1/2 lime
cilantro
chives
avocados
2 cups shredded zucchini
1 sweet potato
1 ripe banana
cherries, figs, or apples
2 cups fresh spinach

Meat + Refrigerated

1 26 ounce bag of hashbrowns
Tub of coconut yogurt
2 lbs. bacon
1 lb. breakfast sausage
2.5 dozen eggs
4 salmon filets, 6 oz. each
1 pound ground pork
2 pounds ground chicken
5 medium boneless skinless
chicken breasts
6 large boneless skinless chicken
breasts
1 bag cauliflower rice
fresh salsa

Pantry

dried oregano
dried thyme
dried basil
1 bay leaf
dried minced onion
dried sage
taco seasoning
1 8-oz. can water chestnuts
mayonnaise
2 bottles of Frank's Red Hot Sauce
coconut aminos
rice wine vinegar
3 1/4 cups chicken broth
2 13.5 cans full-fat coconut cream
or milk
2 3/4 cups cashews
dried fruit like dried cherries, raisins,
blueberries, or no-sugar-added
dried cranberries
nuts like slivered almonds, walnuts, or pecans
pepitas, chia, or hemp seeds
cacao nibs
unsweetened flaked coconut
coconut butter
1 cup clam juice
3 6.5- ounce cans of chopped clams
1 14-ounce can quartered artichoke hearts
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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

