

Whole30 Meal Plan

List

WEEK TWO

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Mon</i>	Sausage Casserole	Buffalo chicken ranch meal prep	Burger Bowls
<i>Tues</i>	Leftover Sausage Casserole	Zuppa Toscana	Zucchini Chicken Poppers
<i>Wed</i>	Sweet Potato Breakfast Bowl topped with almond butter and fruit with side of garlicky kale	Leftover Zuppa Toscana	Chicken Cobb Salad
<i>Thurs</i>	Sausage Casserole	Buffalo chicken ranch meal prep	Chicken Tacos
<i>Fri</i>	Eggs your way with avocado and tomatoes with olive oil and S&P	Leftover Italian meatballs over steamed cauliflower rice, garlicky kale	Chicken Tikka Masala
<i>Sat</i>	Sausage Casserole	Jambalaya	Chipotle Beef Bowls
<i>Sun</i>	Sausage or bacon with avocado and side of veggie of choice	Chicken breast with chimichurri, roasted broccoli, baked sweet potato	Roast Chicken

40APRONS.COM



Whole30 Shopping List

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<i>Produce</i>	<i>Meat + Refrigerated</i>	<i>Pantry</i>
4 bunches green onions 2 tomatoes bunch of basil 1 bunch fresh spinach 2 bunches of kale 3 heads of garlic 3 small heads of romaine 1 head bib lettuce 8 cups lettuce -desired mix 4 1/2 cups of grape tomatoes 1 red onions 7 avocados 5 lemons 1 bunch of celery 1 sweet onion 3 yellow onions 2 bunches fresh parsley 2 bunches cilantro fresh dill 2 apples 5 zucchini 3 sweet potatoes 1 banana frozen fruit like cherries, figs, blueberries, apples 1 medium jalapeno 2 serrano chiles fresh ginger 1 red bell pepper 2 green bell peppers 1 poblano pepper 2 limes 2 heads of broccoli 1 cucumber 5 heads of garlic 4 medium yellow potatoes	2 lbs. ground pork 1 lb. Whole30 compliant breakfast sausage 1 lb. medium raw shrimp 1 lb. ground beef 3.5 pound chicken 1 lb. ground chicken 2 large boneless/skinless chicken breasts 6 medium boneless/skinless chicken breasts 1 pound Aidell's chicken & apple sausage 24 eggs plant based yogurt almond milk 2 cups cooked chicken 26 slices of bacon 5 12 oz. bags of cauliflower rice 1 lb. package shredded hashbrowns/potatoes	3 13.5-ounce cans coconut cream pickles Whole30 ketchup Whole30 mayo dill pickle relish dried minced onion crushed red pepper 6 cups chicken broth 2 1/2 cups chicken stock 2 14 ounce cans crushed tomatoes Late tasting olive oil dried fruit like dried cherries, raisins, blueberries, or no-sugar- added dried cranberries nuts like slivered almonds, walnuts, or pecans 3/4 cup cashews nut butter like almond butter or sun butter seeds like pepitas, chia seeds, hemp seeds cacao nibs unsweetened flake coconut coconut vinegar red wine vinegar taco seasoning turmeric cinnamon garam masala dried ginger dried fenugreek leaves ground paprika 1 15 oz. can tomato sauce fenugreek leaves thyme oregano ground fennel seed 1/2 Tbsp. chipotle pepper powder arrowroot powder mustard powder salsa onion powder spray oil cassava flour

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, basil, chili powder, chipotle pepper powder, cinnamon, coconut aminos, crushed red pepper flakes, dried marjoram, onion powder, dried oregano, dried parsley, dried thyme, dried sage, garlic powder, ground cloves (just a pinch), cumin, Italian seasoning, olive oil, salt, mayonnaise, poblano powder, poultry seasoning, paprika, tapioca starch, turmeric, white wine vinegar (1/2 cup), ghee, coconut aminos, Frank's Red Hot Sauce

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