

Whole30 Meal Plan

List

WEEK THREE

	Breakfast	Lunch	Dinner
Mon	Italian Breakfast Casserole	Chicken leftovers with my paleo gravy, mashed potatoes, and roasted broccoli	Zuppa Toscana
Tues	Sweet Potato Breakfast Bowl topped with almond butter and fruit with side of garlicky kale	Buffalo Meal Prep	Lettuce Wraps
Wed	Italian Breakfast Casserole	Zuppa Toscana	Chicken Curry
Thurs	Eggs your way with avocado and tomatoes with olive oil and S&P	Buffalo Meal Prep	Sweet and Sour Chicken
Fri	Italian Breakfast Casserole	Chicken Curry	Mexican Sweet Potatoes
Sat	Sausage or bacon with avocado and side of veggie of choice	Mexican Sweet Potatoes	Cauli Rissoto with Chicken
Sun	Italian Breakfast Casserole	Whole30 BLT Salad	Chimichurri Flank Steak



Whole30 Shopping List

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<i>Produce</i>	<i>Meat + Refrigerated</i>	<i>Pantry</i>
16 oz baby bella mushrooms 3 bunches green onions fresh dill 4-2 Roma tomatoes 1 tomato 2 lbs. red potatoes 5 lbs. russet potatoes 3 heads garlic fresh rosemary or thyme chives 2 lbs. broccoli 4 medium yellow potatoes 1 bunch of kale 2 bunches fresh parsley 3 bunches of cilantro 6 sweet potatoes, medium 1 banana fruit like cherries, figs, blueberries, apples 3 heads romaine lettuce 8 cups red leaf lettuce 1 cucumber 2 cups grape tomatoes 6 avocados bunch of celery 3 yellow onions - 1/2 cup shredded carrots fresh ginger 1 head Bibb lettuce 2 red onions 2 serrano chiles 1 jalapeno 2 red bell peppers 1 green bell pepper 3 dates 1 head of cauliflower 2 lemons 1 butternut squash	25 eggs -18 2 lbs. pork sausage 1 lb. Italian sausage 3 lbs. ground pork 1 1/2-2 pound flank steak almond milk 2 pack Whole30-compliant bacon 6 medium-large boneless skinless chicken breasts 2 lbs. boneless skinless chicken breasts 2 cups cooked chicken 48 -36 oz. frozen cauliflower rice	3 oz. sun dried tomatoes (Whole30) ground cloves 4 tablespoons tapioca starch or 3 cups arrowroot powder 6 1/2 cups chicken stock -4 1 1/2 cup + 1 tablespoon Swanson Natural Goodness Chicken Broth poultry seasoning 4 14 oz. cans full fat- coconut milk, unsweetened 1 can Dole pineapple chunks ground fennel seed dried oregano dried fruit like dried cherries, raisins, blueberries, or no-sugar-added dried cranberries nuts like slivered almonds, walnuts, or pecans nut butter like almond butter or sun butter seeds like pepitas, chia seeds, hemp seeds cacao nibs unsweetened flake coconut coconut cream coconut butter Frank's Red Hot Sauce Whole30 compliant hot sauce 8- ounce can water chestnuts sesame seeds cayenne pepper 1 teaspoon mustard seeds 1 cup drained pineapple chunks from can 1/2 cup pineapple juice pinch of saffron 1/2 cup cashews 2 2 cans Valley Fresh Organic Chicken Breast drained 1 14.5 oz. can Green Giant Cut Spears Asparagus 1 10-oz can tomatoes with green chiles

Pantry staples

1 bunch package carrots
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 sage, dried thyme, italian seasoning, olive oil, fish sauce, garam masala, garlic powder, garlic salt, ghee, nutritional yeast, onion powder, rice wine vinegar, salt, sesame oil, skewers, smoked paprika, taco seasoning, turmeric, white vinegar, Whole30 mayonnaise, Whole30 ranch dressing, cashews