

# Whole30 Meal Plan

List

## WEEK FOUR

|       | Breakfast                                                                                  | Lunch                                               | Dinner                                              |
|-------|--------------------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|
| Mon   | Paleo Breakfast Casserole                                                                  | Chimichurri Flank Steak                             | IP Chili                                            |
| Tues  | Sausage or bacon with avocado and side of veggie of choice                                 | IP Chili                                            | Jambalaya                                           |
| Wed   | Paleo Breakfast Casserole                                                                  | Jambalaya                                           | Tomato Artichoke Chicken                            |
| Thurs | Sweet Potato Breakfast Bowl topped with almond butter and fruit with side of garlicky kale | IP Chili                                            | Chicken Tortilla-less Soup                          |
| Fri   | Paleo Breakfast Casserole                                                                  | Tomato Artichoke Chicken                            | Swedish Meatballs with mashed potatoes and broccoli |
| Sat   | Eggs your way with avocado and tomatoes with olive oil and S&P                             | Chicken Tortilla-less Soup                          | Italian Meatballs                                   |
| Sun   | Paleo Breakfast Casserole                                                                  | Swedish Meatballs with mashed potatoes and broccoli | Steak with Bearnaise                                |
| Mon   | Eggs your way topped with bearnaise, side of steamed asparagus                             | Italian Meatballs                                   | Buffalo Chicken Sweet Potatoes                      |
| Tues  | Sweet Potato Breakfast Bowl topped with almond butter and fruit with side of garlicky kale | Buffalo Chicken Sweet Potatoes                      | Steak Sheet Pan Fajitas                             |
|       |                                                                                            |                                                     |                                                     |



# Whole30 Shopping List

## WEEK FOUR

### Produce

8<sup>1</sup> large sweet potatoes  
 1 package brussels sprouts  
 3 large yellow onions  
 3 white onions  
 3 red onions  
 3.5 tablespoons fresh garlic  
 3 heads of garlic  
 1 banana  
 3 roma tomatoes  
 2 bunches of fresh parsley  
 1 bunch of fresh cilantro  
 1/4 cup fresh lemon juice  
 3 red bell peppers  
 1 orange bell pepper  
 1 yellow bell pepper  
 1 green bell pepper  
 1 small butternut squash  
 6 avocados  
 fresh salsa  
 radishes  
 Fresh tarragon  
 3 limes  
 1 bunch of celery  
 2 bunches green onions  
 fruits like cherries, figs, blueberries,  
 apples  
 4 zucchinis  
 2 cups shredded zucchini  
 2 lbs. red potatoes  
 2 sprigs fresh rosemary or thyme  
 chives  
 1 bunch of kale  
 2 cups fresh spinach  
 1 lb. broccoli  
 2 shallots  
 7 tablespoons tarragon  
 1 lb. asparagus

### Meat + Refrigerated

2 packages Whole30 compliant bacon  
 29 eggs  
 1.5-2 lbs. flank steak  
 3 lbs. ground beef  
 1 lb. ground chicken  
 3 lbs. ground pork  
 1 lb. Aidell's chicken apple sausage  
 5 cups cauliflower rice  
 1 lb. medium raw shrimp  
 8 -6evenly sized chicken breasts  
 1.5 lb. choice sirloin steak  
 1 lb. thinly sliced flank steak or "fajita" steak  
 fresh salsa

### Pantry

3 14 oz. cans full-fat coconut milk  
 5 cans coconut cream  
 1/4 cup nutritional yeast  
 2 28 oz. cans fire roasted diced tomatoes  
 2 14.5 oz. cans fire-roasted tomatoes  
 1 6 oz. can tomato paste  
 3 14.5 oz. can crushed tomatoes  
 2 10 oz. cans tomatoes with green chiles  
 1 14 oz. can artichoke hearts  
 4 cups beef stock/broth  
 1 14.5 ounce can Whole30 compliant  
 chicken broth  
 1 carton chicken broth  
 1/2 cup chicken stock  
 2 tablespoons fish sauce  
 chipotle pepper powder  
 dried fruit like 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 with pepitas, chia seeds, hemp  
 seeds cacao nibs  
 unsweetened flaked coconut  
 coconut cream  
 coconut butter  
 St. Dalfour Red Raspberry Conserves  
 Whole30 compliant Dijon mustard  
 1.5 cup white wine vinegar  
 3 tabelspoons mayonnaise  
 1.ouisana hot sauce  
 Frank's Red Hot Sauce  
 1 tablespoon ranch dressing

### Pantry staples

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

almond butter, almond flour, almond milk (4 cups), arrowroot powder, avocado oil, balsamic vinegar,  
 black pepper, Cajun seasoning, cayenne pepper, chili powder, chimichurri, cinnamon, coconut aminos,  
 coconut oil, cumin, crushed red pepper flakes, dried basil, dried chives, dried oregano, dried ginger, dried  
 parsley, dried sage, dried thyme, olive oil, fish sauce, garlic powder, ghee (~1 1/2 cups), Italian seasoning,  
 onion powder, oregano, paprika, red wine vinegar, salt, sesame oil, smoked paprika, tahini (Can skip),  
 tapioca starch (~1 cup), turmeric, white pepper, white wine vinegar, Whole30 mayonnaise, Whole30

