

# Whole30 Shopping List

## WEEK THREE

<i>Produce</i>	<i>Meat + Refrigerated</i>	<i>Pantry</i>
2 apples 7 avocados 10 oz. baby spinach 1 cup berries, like raspberries 1 head Bibb lettuce 1 head cabbage 1 carrot 1 bunch cilantro 2 cucumbers 4 cups fingerling potatoes 2 bunches flat leaf parsley fresh dill ( <i>1 tbsp.</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	9 cups cauliflower rice 7 boneless skinless chicken breasts 1 lb. boneless skinless chicken thighs 28 eggs fresh salsa ( <i>1 1/2 cups</i> ) 1 lb. ground beef 1 lb. ground pork 2 lbs. pork tenderloin 1 lb. shrimp 10 slices bacon	2 10-oz. cans tomatoes with green chiles 1 14-oz. can artichoke hearts 3 14-oz. cans coconut milk ( <i>or 4 if you can't find compliant yogurt</i> ) 1 14.5-oz can chicken broth 4 Aidell's chicken apple sausages cassava flour ( <i>1/3 cup - or more arrowroot / tapioca starch</i> ) mustard seeds 1 can pineapple juice or chunks 1 compliant yogurt ( <i>or 1 more can coconut milk</i> ) 1 cup raw cashews 1/3 cup sesame seeds ranch dressing ( <i>lots - just in case!</i> )

## 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

