

Whole30 Shopping List

WEEK FOUR

Produce	Meat + Refrigerated	Pantry
2 acorn squash	12-oz. bag frozen cauliflower	1 14.5-oz. can crushed tomatoes
1 apple (<i>granny smith or pink lady preferred</i>)	20 oz. plus 19 slices bacon	1 14-oz. can artichoke hearts
1 avocado	14 eggs	1 15-oz. can tomato sauce
8 oz. baby bella mushrooms	1 1/2 cups frozen cherries	1 28-oz. can fire-roasted diced tomatoes
4 cups white mushrooms	2 lbs. ground chicken breast	1 6-oz. can tomato paste
1 small onion	2 lbs. ground pork (<i>or 3 lbs. if you can't find breakfast sausage</i>)	2 cups beef stock
1 cup fresh basil	2 lbs. shrimp	dried fenugreek leaves (<i>Optional but so awesome</i>)
11 cups fresh spinach	1 lb. breakfast sausage, or 1 lb. ground pork if you can't find sausage	fennel seed
4 red bell peppers	6 cups cauliflower rice	garam masala
1 red onion	8-9 boneless skinless chicken breasts	kalamata olives, <i>about 1/4 cup</i>
6-7 medium russet potatoes	4 bone-in skin-on chicken thighs	ketchup
18 cups salad greens	1 lb. boneless skinless chicken thighs	1/4 cup Medjool dates
2 serrano chiles	1 lb. frozen hashbrowns	3 tbsp. nutritional yeast
about 6 small to medium sweet potatoes		mayonnaise (<i>about 2 cups</i>)
2 tomatoes		ranch dressing (<i>lots!</i>)
2 medium white onions		1/2 cup shelled pistachios
1 head Bibb lettuce		3 13.5-ounce cans coconut cream
6 cups broccoli		2 13.5-ounce cans full-fat coconut milk (<i>3 if you can't find compliant yogurt</i>)
about 4 pounds plus 4 medium yellow potatoes		1/4 cup chia seeds
2 butternut squash		4 cups chicken stock
1 bunch chard		chipotle chili powder
1 bunch fresh chives		coconut flour (<i>2/3 cup</i>)
1 cucumber		pickled jalapeños
1 banana		compliant Dijon mustard
medium knob fresh ginger		compliant plant-based yogurt <i>or 1 more can coconut milk</i>
4 lemons		1 cup raw cashews
1 bunch fresh parsley		hot sauce or sriracha (<i>Make your own from my site!</i>)
1 bunch fresh thyme		unsweetened shredded coconut
5 heads garlic		
1/2 cup grape tomatoes		
1 green bell pepper		
1 bunch green onions		
4 bunches kale		
2 yellow onions		
7 medium zucchini		

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, chili powder, 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 (~1 cup), fish sauce, garlic powder, ghee (~1 1/2 cups), Italian seasoning, onion powder, paprika, red wine vinegar, salt, sesame oil, smoked paprika, tahini (Can skip), tapioca starch (~1 cup), turmeric

