

Whole30 Shopping List

WEEK ONE

<i>Produce</i>	<i>Meat + Refrigerated</i>	<i>Pantry</i>
1 acorn squash 10 avocados 8 oz. baby bella mushrooms 1 banana 12 bell peppers, <i>a mix of red, yellow, and green</i> 1 head Bibb lettuce 6 cups broccoli 1/2 cup shredded carrots 1 head cauliflower celery sticks, <i>if desired with buffalo chicken casserole</i> 2 bunches cilantro 14 oz. bag coleslaw mix 3 heads garlic large knob fresh ginger 1/2 cup grape tomatoes 4 cups green beans 4 bunches green onions 1 lemongrass stalk 2 lemons 11 limes 4 fresh jalapeños 1 bunch fresh parsley 1 cup raspberries 1 red onion about 14 cups salad greens 2 shallots about 15 snacking peppers 2 tomatoes 1 white onion 2 yellow onions 12 zucchinis 8 cups spinach 10 sweet potatoes 2 tomatoes 8 oz. white mushrooms	4 Aidell's chicken apple sausages 1 lb. breakfast sausage, <i>or ground pork if you can't find sausage</i> 3 cups cauliflower rice 1 1/2 cups frozen cherries 9 boneless skinless chicken breasts chicken 4 cups 4 lbs. ground chicken 28 eggs 1.5 lbs. flank steak 1 lb. shredded hash brown potatoes 2 lbs. ground pork <i>(or 3 lb. if you can't find breakfast sausage)</i>	2 10-oz. cans tomatoes with green chiles 3 13.5-oz. cans coconut cream 1 13.5-oz. can coconut milk 3 5-oz. cans tuna 1 8-oz. can water chestnuts 1/4 cup chia seeds 1 bottle coconut aminos 1/2 cup hot sauce, <i>plus more to taste</i> ranch dressing <i>(Or make your own - you'll need lots!)</i> Red Boat fish sauce rice wine vinegar <i>(Make sure you get a compliant brand)</i> plenty of mayonnaise 5 cups chicken broth red Thai curry paste sesame seeds smoked sea salt taco seasoning <i>or make your own</i>

Pantry staples

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

almond butter, arrowroot powder, avocado oil, black pepper, chili powder, cinnamon, coconut oil, garlic powder, ghee, ginger powder, olive oil, onion powder, paprika, red pepper flakes, salt, sesame oil, sesame seeds, white pepper, white vinegar

