



Whole30 Meal Plan - Week 1 Shopping List

Staples & Cans

Butter, prefer grass-fed like Kerrygold - at least ½ lb.
Coconut oil
Coconut milk - 2 cans, whole fat
Coconut flour
Almond flour (*or just grind up some almonds in a spice/coffee grinder or high powered blender*)
Shredded coconut (unsweetened)
Tomato sauce, no sugar added - one 15 oz. can
Balsamic vinegar
Red wine vinegar
Canned tuna
Canned wild-caught salmon, boneless/skinless - three 6 oz cans or 1 big can with bones in (*if you have a ton of time on your hands to remove them*)
Canned sweet potato (Fresh Market has it... otherwise, not easy to find) - 1 can
Extra light tasting olive oil
Tessemæ's Salad Dressings (if you don't want to make your own) -*In produce section.*

Produce

Bananas
Butternut squash - 1 small
Spinach - a couple of bags or the big tub
Onions - 5 or 6 medium-sized
Garlic - one head
Mushrooms (cremini/baby bellas) - ½ lb.
Cherry tomatoes
Lemons - 3 or 4
Carrots, whole - 2 bags
Carrots, other - *I like carrot chips to eat with dressing. Or baby carrots. Cause I'm lazy.*
Whole dried dates - at least 8
Sweet potatoes - 7 or 8
Veggies for roasting - *I like brussel sprouts, cauliflower, beets and carrots.*
Celery
Sweet Bell Peppers (red, yellow, or orange)
Avocados - a couple
Green beans
Broccoli
Kale - one bunch
Asparagus
Fruit - To use as sides. *We eat a lot of berries, apples, pears and pineapple.*

Meat/Eggs

Eggs - 2 dozen

Bacon - 2 packages. *(Whole30 compliant bacon can be difficult to find. It has to have no added sugar in any form. I usually get mine at Whole Foods, but i know it can be found elsewhere too. Just read the label carefully.)*

Prosciutto, sugar-free

Whole Chicken (roaster)

Boston butt pork roast, bone in or out - 3 to 5 lbs.

Beef short ribs, bone-in - 2 to 3 lbs.

Ground beef - 1 lb.

Aidell's Chicken Apple Sausages - 1 package

Fresh or frozen salmon

Frozen Foods

Frozen Spinach - ½ lb.

Snacks

Nuts of your choice - almonds, pecans, cashews, etc.

Larabars - *The following flavors are Whole30 compliant - Apple Pie, Banana Bread, Carrot Cake, Cashew Cookie, Cherry Pie, Chocolate Coconut Chew, Coconut Cream Pie, Key Lime Pie, Lemon Bar, Pecan Pie, Pumpkin Pie.*

Spices *(Dried herbs are fine unless otherwise specified)*

Oregano

Sea salt

Black Pepper

Cinnamon

Sage

Parsley

Thyme

Dill

Rosemary

Garlic Powder

Onion Powder

Paprika

Mustard Powder

Alaea Red Hawaiian Sea Salt *(I used pink Himalayan as a substitution and it worked fine, too!)*