



## Whole30 Meal Plan - Week 2 Shopping List

\*\*\*Make sure you check your cupboards & fridge, as you may have leftover items from last week!\*\*\*

### Staples & Cans

Butter, prefer grass-fed like Kerrygold - at least ½ lb. OR Ghee  
Coconut oil  
Coconut milk, full fat - 1 can  
Almond meal/almond flour (or grind your own with almonds and a blender/processor)  
Canned tuna  
Tessemæ's Salad Dressings (if you don't want to make your own) *-In produce section.*  
Sugar-free Marinara Sauce  
Chicken broth (or bone broth) - *Both work for the casserole. Make sure it's sugar-free!*  
Arrowroot Flour/Powder - *I use this to bread multiple things. Found it at Publix.*  
Chia Seeds  
Unsweetened Coconut  
Almonds (slivered, or you can just chop them up a bit)  
Almond milk *-I recommend Califia's Unsweetened Almond Milk. Mom puts it in her coffee, too.*  
Coconut aminos - *I found it at Publix.*  
Red Boat Fish Sauce - *Also at Publix.*

### Produce

Apple, Pink Lady - 4  
Bananas  
Sweet Plantain, ripe (yellow-brown to brown) - 1  
Onions - 5 or 6  
Kale - one big bunch  
Sweet Bell Peppers (red, yellow, or orange) - 3 or 4  
Zucchini - 5 or 6  
Pineapple -1  
Cherry or Grape Tomatoes  
Spaghetti Squash - 1  
Green Beans  
Romaine Lettuce (or other salad greens)  
Tomatoes - 3  
Garlic - one head  
Broccoli  
Mushrooms - 1 ½ lb. baby bella/cremini and 2 Portobello Caps per person  
Carrots, whole  
Lemons - 2 or 3  
Yellow Squash -1

Cauliflower - one head  
Avocados - a couple  
Fresh ginger - small piece  
Fresh cilantro - optional for fried rice  
Fruit - To use as sides and snacks!  
Other salad fixings

### **Meat/Eggs**

Eggs - 2 dozen (more if you use hard-boiled eggs for snacks)  
Bacon - 3 packages. (*Whole30 compliant, sugar-free bacon*)  
Boneless skinless chicken breasts - 5 or 6 lbs.  
Ground beef - 2 lbs. (*I prefer grass-fed.*)  
Ground pork - 2 lbs.  
Aidell's Chicken Apple Sausages - 1 package  
Fresh or frozen fish/shellfish of preference

### **Snacks**

You choose!

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

Cinnamon  
Italian Seasoning - (or just combine rosemary, basil, parsley, garlic powder, onion powder, thyme, oregano and pepper or any combo of those)  
Cayenne Pepper  
Paprika  
Garlic Powder  
Red Pepper Flakes (I omit these... I'm a spice wimp.)  
Sea salt  
Black Pepper  
Chili Powder  
Parsley  
Basil  
Oregano  
Nutmeg