



Whole30 Meal Plan - Week 4 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

Canned salmon (3 small cans or one big one) *[Double this if cooking for more than 2.]*

Extra Light Tasting Olive Oil (for making mayo)

Artichoke Hearts (quartered) - 2 cans

Almond milk - *I recommend Califia's Unsweetened Almond Milk.*

Canned sweet potato - 1 can

Coconut flour

Beef Broth or Chicken Stock - 1 carton (*No sugar!*)

Cashews, roasted, unsalted - 1 cup

Shredded Coconut

Pecans

Produce

Avocados - a couple

Onions - 1

Garlic - 2 heads

Baby bella/crimini mushrooms - ½ lb.

Cherry or grape tomatoes

Carrots

Fingerling potatoes

Green beans

Broccoli

Lemons (for mayo)

Bananas

Sweet potatoes - 2 or 3

Zucchini

Portobello mushroom caps - 4

Vegetables to roast - We like brussel sprouts, carrots, cauliflower.

Salad fixins - Spinach/lettuce and any veggies you want on top!

Fruit - To use as sides and snacks!

Frozen

Frozen chopped spinach - 2 lbs.

Meat/Eggs

Eggs - 2 dozen (more if you use hard-boiled eggs for snacks)

Bacon - 2 packages. (*Whole30 compliant, sugar-free bacon*)

Prosciutto (*Sugar-free*)

Boneless skinless chicken breasts - 2-3 breasts.

Chuck roast - 1 (2.5 lbs or so)

Boston Butt pork roast - 1 (4-5 lbs, bone-in or out)

Ground beef - 1 lb. (*I prefer grass-fed.*)

Snacks

You choose!

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

Paprika

Garlic Powder

Sea Salt

Black Pepper

Dried Sage

Thyme

Onion Powder

Oregano

Parsley

Dill

Basil

Cayenne Pepper

Cinnamon