



## Whole30 Meal Plan - Week 3 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 albacore tuna (10 oz for single/20 oz for double recipe of tuna cakes)  
Tessemae's Salad Dressings (if you don't want to make your own) -*In produce section.*  
Chicken broth (or bone broth) - *Make sure it's sugar-free!*  
Chia Seeds  
Raw, Unsalted Pistachios  
Unsweetened Shredded Coconut  
Almond milk -*I recommend Califia's Unsweetened Almond Milk. Mom puts it in her coffee, too.*  
Balsamic Vinegar  
Aleppo Pepper (*optional but I'm gonna try and find it*)  
Canned sweet potato  
Coconut flour  
Hot sauce - Frank's RedHot or Tessemae's (or other compliant one)

### Produce

Sweet Potatoes - 5 or 6  
Onions - 6 or 7  
Spinach - 2 bags or a big box  
Butternut Squash  
Blackberries  
Green Cabbage (medium, about 2 lbs)  
Carrots, whole  
Fresh Cilantro, one bunch  
Lemons - 4 or 5  
Jalapeno Pepper  
Scallions  
Mushrooms - ½ lb. baby bella/cremini  
Celery  
Fresh Italian Parsley  
Green Beans  
Sweet Bell Peppers (bag of minis or a couple big ones)  
Broccoli  
Ginger - a small piece (or a squeeze from a tube, per the recipe)

Bananas  
Lime - 1  
Spaghetti Squash - 1  
Salad greens and other salad fixings  
Avocados - a few  
Garlic - 1 head  
Brussel sprouts and cauliflower (to roast)  
Fruit - To use as sides and snacks!

### **Frozen**

Frozen chopped spinach

### **Meat/Eggs**

Eggs - 2 dozen (more if you use hard-boiled eggs for snacks)  
Bacon - 2 packages. (*Whole30 compliant, sugar-free bacon*)  
Boneless skinless chicken breasts - 2-3 breasts.  
Whole chicken - 1  
Ground chicken - 1 lb.  
Ground beef - 2 lbs. (*I prefer grass-fed.*)  
Ground turkey - 1 lb. (*or more ground beef if you prefer*)  
Ground pork - 2.5 lbs.  
Fresh or frozen fish/shellfish of preference (*We are doing salmon!*)

### **Snacks**

You choose! I'm looking for compliant jerky.

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

Cinnamon  
Cayenne Pepper  
Paprika  
Garlic Powder  
Red Pepper Flakes (I omit these... I'm a spice wimp.)  
Sea Salt  
Black Pepper  
Chili Powder  
Cumin  
Ground Fennel  
Dried Sage  
Oregano  
Nutmeg