



Whole30 Meal Plan - Week 5 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
Canned tuna
Extra Light Tasting Olive Oil (for making mayo)
Almond milk -(I recommend Califia's Unsweetened Almond Milk.)
Almonds
Almond butter
Chia Seeds
Shredded Coconut (unsweetened)
Portland Organic Mustard (from Whole Foods)
Coconut aminos
Peanut butter (small container for reintroducing legumes)
Soy sauce (just some packets? For reintroducing legumes)
Real oatmeal (for introducing non-gluten grains)

Produce

Apples
Dates
Green beans
Lemons (for mayo)
Lime -1
Bananas
Avocados - a couple
Onions - 3-4 plus some scallions
Tomato - 1
Garlic - 2 heads
Baby bella/crimini mushrooms - 4 oz.
Fingerling potatoes
Celery
Carrots
Sweet potatoes - 2 or 3
Cauliflower - one head
Vegetables to roast - *We like brussel sprouts, carrots, cauliflower.*
Salad fixins - Spinach/lettuce and any veggies you want on top!
Raw veggies to cut up and eat!
Fruit - To use as sides and snacks!

Meat/Eggs

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

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

Ground beef - 2 lbs. (*I prefer grass-fed.*)

Applegate Farms Sliced Organic Roast Beef (pre-packaged)

Garlic Herb Chicken Sausages*

Chili Lime Chicken Burgers*

Snacks

New Zealand Apple Sweet Apple Rings*

Just Mango Slices*

Hummus - most complaint you can find - for reintroducing legumes!

Tortilla chips - for introducing non-gluten grains!

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

Chili Powder

Cumin

Cayenne Pepper

Paprika

Garlic Powder

Sea Salt

Black Pepper

Thyme

Onion Powder

Oregano

Fresh Ginger

Ground Mustard (for mayo)

*Going to Trader Joe's for these items.