



Whole30 Meal Plan - Week 6 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) or Annie's Natural Organic Mustard (from Trader Joe's)
Tomato sauce - 1 15 oz can
Balsamic vinegar
Whole wheat pasta

Produce

Apples
Dates (at least 8)
Orange - 1
Lemons (for mayo)
Lime -1
Bananas
Avocados - a couple
Onions - 3-4
Tomato - 1 (More for salads or sides)
Garlic - 2 heads
Baking potatoes
Celery
Carrots (2 lbs)
Sweet potatoes - 2 or 3
Butternut squash
Broccoli
Vegetables to roast - *We like brussel sprouts, carrots, cauliflower.*
Salad fixins - Spinach/lettuce and any veggies you want on top! (2 cups spinach for quiche)
Raw veggies to cut up and eat! (We use carrot chips a lot)
Fruit - To use as sides and snacks!

Meat/Eggs

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

Bacon - 3 packages. (*Whole30 compliant, sugar-free bacon*)

Ground beef - 2 lbs. (*I prefer grass-fed.*) More if cooking burgers for the whole family on Monday

Ground pork - 2 lbs

Short ribs - 2 to 3 lbs bone-in

Salmon to broil

Applegate Farms Sliced Organic Roast Beef (pre-packaged)

Garlic Herb Chicken Sausages* (Any Whole30 compliant - several to choose from)

Chili Lime Chicken Burgers*

One roasting chicken

Boneless skinless chicken breasts

Snacks

Fruit (Mom loves watermelon) (Hunter's favorite is banana with almond butter)

Celery with almond butter (add a little salt for crunchy and salty cravings)

Toby's Ultimate Beef Snacks (Grass fed)

Roasted Plantain Chips are yummy (a little salty and sweet)

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)

Sage

Italian seasoning

Parsley

Bay leaf

Rosemary