



Whole30 Grocery List #1



PRODUCE	PRODUCE	PROTEIN/DAIRY	PANTRY	PANTRY/SPICES
2 spaghetti squash	5 yellow onion	2 lb raw shrimp peeled and deveined	1 jar of avocado oil or olive oil	Garlic & onion powder
1.5 lbs carrots	Fresh thyme	1 lb breakfast sausage	Dijon mustard	Dried basil
2 avocado	Fresh cilantro	2 lbs chicken breast	Apple cider vinegar	Cumin
8 oz cherry tomatoes	Fresh parsley	2 lb ground turkey	Red wine vinegar	Sea salt & pepper
3 limes	Fresh sage	1 dozen eggs	Coconut aminos	Cinnamon
2 large zucchini	2 large butternut squash	Unsweetened dairy free milk	2 can full fat coconut milk	Chili powder
1 large head cauliflower	2 large russet potatoes	Rotisserie chicken or turkey breast	3x 14.5 oz can diced fire roasted tomatoes	Smoked paprika
1 head of garlic (about 15 cloves)	1 lb celery	1 cup pancetta	2x 28 oz can of whole tomatoes	Chipotle pepper powder
2 spaghetti squash	2 honey crisp apple	Ghee	Tomato paste	Dried oregano
2 poblano peppers	Fresh ginger	1 lb ground beef	Vegetable broth	Crushed red pepper
2 red bell pepper		1 lb ground sausage	Raisins	Thai Red Curry Paste
1 green bell pepper			Pecans	
1 yellow bell pepper			36 oz chicken broth	
Leeks			Mayonnaise	
2 red onion			1 jar hatch chilis	