



Whole30 Grocery List Week #3



PRODUCE	PRODUCE	PROTEIN/DAIRY	PANTRY	PANTRY/SPICES
8 oz cherry tomatoes	1 large butternut squash	2-3 lb mild Sausage links	1 jar of avocado oil or olive oil	Garlic powder
20 oz sliced mushrooms	Fresh thyme	1 dozen eggs	Dijon mustard	Coriander
1 head of broccoli	Fresh cilantro	4.5 lbs chicken breast	Apple cider vinegar	Cumin
1 lemon	Fresh basil	1.5 lbs ground beef	Sesame oil	Sea salt & pepper
1 lime	Fresh sage	1 package bacon	Coconut aminos	Chili powder
4 avocado	4 medium sweet potato		1x 28 oz can of whole tomatoes	Crushed red pepper
2 large head cauliflower	3 russet potatoes		Tomato paste	Paprika
1 head of garlic (about 15 cloves)	2 honey crisp apple		2x 14oz can fire roasted diced tomatoes	Chipotle pepper powder
Purple cabbage	Leeks		1 cup almonds	Dried fennel
16 oz mixed greens	Radishes		1 cup pecans	Dried Basil
10 oz kale	Fresh ginger		Almond butter	
2 red onion			1 cup raw cashews	Nutritional yeast
5 yellow onion			2 can Full Fat coconut milk	
1 jalapeno pepper			10 oz artichoke hearts	
1 yellow bell pepper			56 oz chicken broth	
3 red bell pepper			Buffalo hot sauce	