



Whole30 Grocery List Week #4



	PRODUCE	PRODUCE	PROTEIN/DAIRY	PANTRY	PANTRY/SPICES	
	3-4 large zucchini	1 large butternut squash	1 lb ground turkey Sausage	1 jar of avocado oil or olive oil	onion powder	
	8 oz brussels sprouts	2 spaghetti squash	1 lb ground turkey	Coconut oil	Curry powder	
	1 head of broccoli	Fresh cilantro	2.5 lb chicken breast	Apple cider vinegar	Cumin	
	1 lemon	Fresh basil	1.5 lbs ground beef	Buffalo hot sauce	Sea salt & pepper	
	6 limes		1 lb salmon filet	Red Thai Curry Paste	Chili powder	
	3 avocado	1 large sweet potato	4-5 Boneless Center cut Pork chops	2 can Full Fat coconut milk	Crushed red pepper	
	2 large heads cauliflower	3-4 small russet potatoes	1 dozen eggs	Tomato paste	Paprika	
	1 head of garlic (about 15 cloves)	Ranch dressing (I use Tessamae's)	1 package bacon (sugar free W30)	Liquid smoke	Chipotle pepper powder	
	2 heads broccoli	Guacamole		2 cups pepitas	Ginger	
	Fresh ginger			1 cup pecans	Basil	
	4 large carrots			Almond flour		
	1 bunch celery			52 oz chicken broth		
	2 yellow onion			Arrowroot starch		
	Green onion					
	2 large poblano pepper					
	2 red bell pepper					