



Whole30 Grocery List Week #5



PRODUCE	PRODUCE	PROTEIN/DAIRY	PANTRY	PANTRY/SPICES
12 oz cherry tomatoes	2 orange or yellow bell pepper	1 lb ground turkey or chicken	1 jar of avocado oil or olive oil	Marinated artichoke hearts
12 oz brussels sprouts	1 jalapeno pepper	1 lb ground turkey	Red wine vinegar	Cinnamon
1 head of broccoli	Fresh cilantro	2 lb chicken breast	Rice vinegar	Cumin
3 lemon	Fresh basil	1.5 lbs sirloin steak	Dijon mustard	Sea salt & pepper
1 limes	Fresh parsley	1 lb salmon filet	Tomato paste	Chili powder
1 avocado	Fresh dill	1 package bacon (sugar free W30)	3 can Full Fat coconut milk	Crushed red pepper
1 large head cauliflower	4 lbs Yukon Gold Potatoes	1 dozen eggs	1x 14.5 oz fire roasted tomatoes	Turmeric
1 head of garlic (about 15 cloves)	2 spaghetti squash	1 package prosciutto	1 4 oz can diced green chilis	Chipotle pepper powder
4 large zucchini		Uncured salami	Coconut aminos	Garam Masala
1 carrot		Ghee	Sesame oil	
Fresh ginger			Smooth nut butter	
1 red onion			8 oz almonds	
3 yellow onion			Raw cashews	Nutritional Yeast
Green onion			Raisins	Coconut flour
1 green bell pepper			72 oz chicken broth	
4 red bell pepper			1 jar olives	