



# Whole30 Weekly Meal Plan #2



PRODUCE	PRODUCE	PROTEIN/DAIRY	PANTRY	PANTRY/SPICES
2 spaghetti squash		4x 4-5 oz salmon filets	1 jar of avocado oil or olive oil	Garlic & onion powder
10 oz brussels sprouts	Fresh thyme	1.5 lba pork sausage	Dijon mustard	Dried basil
16 oz cherry tomatoes	Fresh cilantro	3 lb chicken breast	Balsamic vinegar	Cumin
2 lemon	Fresh basil	1.5 lbs ground turkey	Apple cider vinegar	Sea salt & pepper
3 lime	Fresh rosemary	1 dozen eggs	Coconut aminos	Cinnamon
3 avocado	2 large sweet potatoes	1 lb ground beef	1x 28 oz can of crushed tomatoes	Chili powder
2 large head cauliflower	5 medium Yukon gold potatoes	1 package bacon	Tomato paste	Smoked paprika
1 head of garlic (about 15 cloves)		Unsweetened Dairy Free milk	Arrowroot starch	Chipotle pepper powder
10 oz sliced mushrooms		1 package prosciutto	Almond flour	Ginger
16-20 oz kale			8 oz tahini	Thyme
1 red onion			Pepitas (pumpkin seeds)	Coriander
2 white onion			Raw cashews	Oregano
2 yellow onion			Pecans	Cayenne pepper
Fresh ginger			Chia seeds	Allspice
1 pomegranate			Shelled pistachios	Nutritional yeast
2 honey crisp apple			48 oz chicken broth	

