

WHOLE30

WEEK 1 DINNER MEAL PLAN

DAY 1

Zuppa Toscana

DAY 2

Flaky Air Fryer Salmon

Crispy Brussel Sprouts

DAY 3

Spaghetti Squash "Fried Rice"

DAY 4

Shepperd's Pie

DAY 5

Pineapple Chicken

DAY 6

Roasted Chicken

Mashed Sweet Potatoes

DAY 7

Coconut Chicken Curry

Cauliflower Rice

GROCERY

WEEK 1 SHOPPING LIST

PRODUCE

- 2 russet potatoes
- 3 large sweet potatoes
- 3 Japanese sweet potatoes
- 1 cup cremini mushrooms
- 4 yellow onions
- 1 small spaghetti squash
- 1 bunch of kale
- 2 bunches of green onions
- 2 bell peppers
- 3 stalks of celery
- 2 lemons
- 1 lime
- 5 carrots
- 2 gala apples
- 1 large shallot
- 16 oz. Brussel sprouts
- 1 bunch of cilantro
- 1 package of cauliflower rice
- Jar of minced garlic
- Ginger paste

FROZEN

- 2 cup frozen peas

MEAT

- 6 slices of thick cut bacon
- 1 lb ground Italian sausage
- 1 lb ground beef
- 1 lb chicken breast tenders
- 5.5-6 lb whole chicken
- 1 lb salmon
- 1 lb ground pork
- 1 lb chicken thighs
- 12 eggs

CANNED

- 5 cups of chicken bone broth
- 2 14-oz can of full fat coconut milk
- 20 oz. pineapple chunks in 100% juice
- Coconut aminos
- Tomato paste
- 1 cup of tomato puree

CONTINUED 

SPICES & OIL

- Black pepper
- Salt
- Crushed red pepper
- Fennel seed
- Dried oregano
- Garlic powder
- Onion powder
- Dried rosemary
- Paprika
- Sage
- Marjoram
- Thyme
- Dried basil
- Ground ginger
- Cumin
- Ground turmeric
- Garam masala
- Coriander powder
- Dried dill
- Nutritional yeast
- Avocado oil
- Coconut oil
- Olive oil