

WHOLE30

WEEK 1 DINNER MEAL PLAN

DAY 1

Chicken "Noodle" Soup

DAY 2

Egg Roll In A Bowl

DAY 3

Chicken Leg Quarters

Potato Salad

DAY 4

Pot Roast

DAY 5

Tomato Basil Soup

Italian Sausage

DAY 6

Instant Pot Tandoori Chicken Curry

DAY 7

Chicken Bacon Ranch

Spaghetti Squash

GROCERY

WEEK 1 SHOPPING LIST

PRODUCE

- 1 russet potatoes
- 1.5 lb baby red potatoes
- 1.5 lbs baby yellow potatoes
- 16 oz. shredded coleslaw mix
- 3 yellow onions
- 1 bunch of green onions
- 1 shallot
- 1 large spaghetti squash
- 4 stalks of celery
- 8 mushrooms
- 1 red onion
- 11 carrots
- 11 garlic cloves
- 1 lemon
- 1 package of cauliflower rice
- 3/4 cup of fresh basil
- 2 tbsp. fresh dill
- 2 tbsp. flat leaf parsley
- Fresh rosemary
- Fresh thyme
- Jar of minced garlic
- 1 cup of baby spinach

MEAT

- 1 lb ground turkey
- 1lb chicken breast tenders
- 2 lb chicken thighs
- 4 chicken leg quarters
- 3 lb chuck roast
- 1 lb ground Italian sausage
- 8 oz. sugar free bacon
- 1 lb chicken breast

CANNED

- 6 cups of chicken bone broth
- 1.5 cups of beef broth
- 3 14-oz can of full fat coconut milk
- 3 tbsp. pineapple juice
- Coconut aminos
- 2 7 oz. cans of tomato paste
- 28 oz. canned diced tomatoes
- 2/3 cup of sundried tomatoes
- Avocado oil mayo
- Dijon mustard, coarse
- Anchovies
- Primal Kitchen ranch dressing (or other paleo brand)

CONTINUED ➤

SPICES & OIL

- Black pepper
- Salt
- Dried oregano
- Garlic powder
- Onion powder
- Dried rosemary
- Dried basil
- Dried thyme
- Crushed red pepper
- Paprika
- Smoked paprika
- Cayenne pepper
- Ground ginger
- Cumin
- Ground turmeric
- Coriander powder
- Arrowroot powder
- Tapioca starch
- Nutritional yeast
- Black sesame seeds
- Balsamic vinegar
- Avocado oil
- Sesame oil (spicy if available)
- Olive oil