

# WHOLE30

## WEEK 3 DINNER MEAL PLAN

### **DAY 1**

Cajun Shrimp with Zucchini Noodles

### **DAY 2**

Orange Chicken

Cauliflower Rice

### **DAY 3**

Buffalo Chicken Soup

### **DAY 4**

Lemon Apple Salmon Salad

### **DAY 5**

Jamaican Coconut Curry

### **DAY 6**

Sweet Potato Chili

### **DAY 7**

Taco Slaw

# GROCERY

## WEEK 3 SHOPPING LIST

### PRODUCE

- 3 onions
- 2 scallions
- 11 stalks of celery
- 2 red bell pepper
- 2 green bell pepper
- 2 zucchini
- 2 carrots
- 1 tomato
- 1 avocado
- 1 carrot
- 2 sweet potatoes
- 2 jalapeno
- 1 bell pepper
- 3 oranges
- Jar of minced garlic
- 1 bunch of cilantro
- 1 bunch of parsley
- 1 bunch of green onions
- 1 lemon
- 1 apple (opal or honeycrisp)
- 10 oz. cherry tomatoes
- 2 packages of cauliflower rice
- 1 package of coleslaw mix

### MEAT

- 2 cups of shrimp
- 1 lb chicken breast tenderloins
- 1 lb chicken breast
- 1 egg
- 3 lbs 90:10 ground beef
- 2.5 lbs boneless, skinless chicken thighs

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## **SPICES & OIL**

- Black pepper
- Salt
- Cumin
- Celery salt
- Yellow curry powder
- Ground ginger
- Coriander
- Cayenne pepper
- Chili powder
- Onion powder
- Garlic powder
- Dried oregano
- Red pepper flakes
- Paprika
- Dill weed
- Bay leaves
- Dried thyme
- Cajun seasoning
- Olive oil
- Avocado oil

## **CANNED & JARRED**

- 2 cups of beef bone broth
- 4 cups of chicken bone broth
- 1- 28 oz. can of diced fire roasted tomatoes
- 10 oz. can of diced tomatoes with green chilies
- 1/2 cup black olives
- 7 oz. can of tomato paste
- 2- 14 oz. can full fat coconut milk
- 5 oz. paleo buffalo sauce
- 10 oz. canned salmon, water packed
- Medjool dates (3)
- 1/4 cup golden raisins
- Avocado oil mayo
- Coconut aminos
- Rice vinegar
- Cassava flour
- Coconut butter