

WHOLE30

WEEK 4 DINNER MEAL PLAN

DAY 1

Italian Meatballs

Spaghetti Squash

DAY 2

Chicken Nuggets

Sweet potato Fries

DAY 3

Creamy Cajun Sausage and Potato Soup

DAY 4

Asian Chicken Salad

DAY 5

Mississippi Roast

DAY 6

Cashew Chicken

DAY 7

Orange Ginger Salmon Skillet

DAY 8

Jerk Salmon with Tropical Salsa

DAY 9

Salsa Chicken Lettuce Wraps

GROCERY

WEEK 4 SHOPPING LIST

PRODUCE

- 3 bell peppers (2 red)
- 4 onions
- 1 shallot
- 1 orange
- 1 large spaghetti squash
- 4 carrot
- 1 bunch of green onions
- 1 bunch of parsley
- 1 bunch of cilantro
- 2 cups shitaki mushrooms
- 1 pineapple
- 1 mango
- 2 limes
- 10 oz package of coleslaw mix
- 3 stalks of celery
- 2 bunches of radishes
- 1 large sweet potato
- 1 lb yukon gold potatoes
- Romaine lettuce leaves
- Minced garlic
- Ginger paste

MEAT

- 3 lb chuck roast
- 4 lb chicken breast tenderloins
- 3 eggs
- 1 lb boneless skinless chicken breast
- 12 ounces andouille sausage links
- 1.5 lb ground beef
- 1.5 lb ground pork
- 10 oz salmon
- 1 lb king salmon

CONTINUED ➤

SPICES & OIL

- Black pepper
- Salt
- Allspice
- Ground cloves
- Chili powder
- Compliant taco seasoning
- Onion powder
- Dried thyme
- Ground cinnamon
- Ground ginger
- Garlic powder
- Dried parsley
- Dried dill
- Paprika
- Dried oregano
- Dried Italian seasoning
- Red pepper flakes
- Cayenne
- Rubbed sage
- Sesame oil
- Olive oil
- Avocado oil
- Ghee

CANNED & PACKAGED

- Tapioca starch
- Cassava flour
- Almond flour
- Coconut aminos
- Almond butter
- Apple cider vinegar
- Chili paste
- Cashews
- Juice packed mandarin oranges
- 12 oz. jar of pepperchinis
- 5 cups chicken stock
- 2 cups full fat coconut milk
- 1 jar of tomato salsa
- 4 cups compliant marinara
- 1 cup pork rinds
- 3 tbsp tomato paste
- Fish sauce
- Sesame seeds