

# SHOPPING LIST

WEEK 1

ME  
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## PRODUCE

4 White Onion Shredded Lettuce  
1 Yellow Onion  
3 Garlic Cloves  
3 Red Bell Pepper  
2 Green Bell Pepper  
1 Bag Russet Poatos  
Cilantro  
4 Lime  
Spaggheti Squash  
Spinach  
4 Sweet Potato  
1 Bag Russet Potatos  
5 Bananas  
3 Apples  
3 Green Onion  
Strawberries  
Blueberries  
Eggs

## MEATS

Chicken Apple Sausage  
Chicken Thighs  
5p Ground Beef  
Chicken Breast  
Burger Patties  
Bacon

## CANNED GOODS

Diced Tomatos 14oz  
Coconut milk (2)  
Fire Roasted Tomatoes  
Tomato Paste (2)  
Crushed Tomatoes (3) 24oz  
Tuna  
Almond Butter

## CONDIMENTS

Beef Broth  
Olive Oil  
Apple Cider Vinagear  
Dijon MUSTARD  
Minced Garlic  
Chicken Broth  
Lemon Juice  
Coconut Oil  
Organic Salsa

## REMAINING ITEMS

Lara Bars  
Walnuts (optional)  
Almond Meal  
Coconut Flour (optional)  
Medjool Dates  
Dried Mangos (nuts.com)  
Almond Butter  
Almond Milk  
Coconut Milk  
1 bag Frozen Spinach  
Cauliflower Rice (optional)

## SPICES

Garlic Powder  
Salt  
Pepper  
Chili Powder  
Mustard Powder (optional)  
Dried Parsley  
Ceyanne Pepper  
Thyme  
Ceyann  
Oreganoec  
Oregano  
Cumin  
Parsley

# WHOLE 30

## WEEK ONE

YOUR FIRST WEEK OF  
WHOLE 30

## MONDAY

Scrambled Egg with  
Spinach & Chicken  
Apple Sausage  
BREAKFAST

Avocado Tuna on  
cucumber slices  
LUNCH

Potato Sloppy Joe  
Bowl-  
DINNER

## TUESDAY

Almond Butter  
Banana Smoothie  
(can add  
strawberries)  
BREAKFAST

Left overs  
LUNCH

Southwest Chicken  
(over potato or  
cauliflower rice) with  
Organic Salsa  
DINNER

## WEDNESDAY

Hot Cereal with  
Medjool Dates  
BREAKFAST

Left Overs with  
Potato  
LUNCH

Burger Pattie with  
Shredded Lettuce,  
Red Onion, and  
Ketchup Sauce  
DINNER

## THURSDAY

Diced Potatoes & 2  
Eggs with Fruit  
BREAKFAST

Avocado Bowl with  
Shredded Chicken  
LUNCH

Crock Pot Red Sauce  
with Sweet Potato or  
Spaghetti Squash  
DINNER

## FRIDAY

Sweet Potato with  
Chopped Dates,  
Walnuts & Almond  
Butter  
BREAKFAST

Left overs  
LUNCH

Chili  
DINNER

# WHOLE 30

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## WEEK ONE

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YOUR FIRST WEEK OF  
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## SATURDAY

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**Eggs with Sauteed  
Veggie and Fruit**

BREAKFAST

**Left overs**

LUNCH

**Chicken Tenders with  
Ketchup Sauce**

DINNER

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## SUNDAY

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**Fruit Bowl**

BREAKFAST

**Bacon, Eggs &  
Sauteed Veggie with  
Fruit**

LUNCH

**Loaded Sweet Potato  
Fries with Ranch  
Sauce**

DINNER

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# **SNACK SUGGESTIONS**

**LARA BARS  
BANANA & ALMOND BUTTER  
APPLES WITH CINNAMON  
FRUIT BOWL  
MEDJOL DATES  
DRIED MANGOS  
HARD BOILED EGGS**