

SHOPPING LIST

WEEK 1

ME
NU

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

WEEK ONE

YOUR FIRST WEEK OF
WHOLE 30

SATURDAY

**Eggs with Sauteed
Veggie and Fruit**

BREAKFAST

Left overs

LUNCH

**Chicken Tenders with
Ketchup Sauce**

DINNER

SUNDAY

Fruit Bowl

BREAKFAST

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

LUNCH

**Loaded Sweet Potato
Fries with Ranch
Sauce**

DINNER

SNACK SUGGESTIONS

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