

MEAT & EGGS

- 3 pieces sugar free bacon
- 3 dozen eggs
- 2 lb ground turkey
- 3 lb ground beef
- 6-10 chicken drumsticks
- Chicken thighs (skin-on)

PRODUCE

- 1 head cauliflower
- 4 onions
- 4 ounces mushrooms
- 2 green onions
- 1 green bell pepper
- 4 garlic cloves
- 1 spaghetti squash
- 1 butternut squash
- Avocados
- 5 lb potatoes
- 3 lb sweet potatoes
- 4 carrots
- Bananas
- Fresh fruit (snacks, sides)

PACKAGED

- 2 tbsp coconut aminos
- 3 cans (15 oz) diced tomatoes
- 2 cans tomato paste

Whole30 Shopping List

- 8 oz pasta sauce
- 16 oz chicken broth
- 4 oz coconut milk (+6 cans for lattés!)

OTHER

- Parchment paper
- Clarified butter
- Salt
- Pepper
- Cumin
- Olive oil
- Paprika
- Ground cinnamon
- Dried basil
- Dried oregano
- Dried thyme
- Coconut oil