

# MEAL PLAN GROCERY LIST

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| <ul style="list-style-type: none"> <li>• 1 head cauliflower</li> <li>• 3 heads broccoli</li> <li>• 1 head red cabbage</li> <li>• 11 carrots</li> <li>• 1 bag baby carrots</li> <li>• 1 cucumber</li> <li>• 1 bunch celery</li> <li>• 1 pound brussels sprouts</li> <li>• 1 bunch rainbow chard</li> <li>• 2 bunches parsley</li> <li>• 1 bunch cilantro</li> <li>• 1 bunch fresh rosemary</li> <li>• 1 bunch green onions</li> <li>• 4 large zucchini</li> <li>• 4 large yellow squash</li> <li>• 2 red bell peppers</li> <li>• 6 oranges</li> <li>• 3 lemons</li> <li>• 1 green apple</li> <li>• 4 red apples</li> <li>• 1 bunch banana</li> <li>• 1 spaghetti squash</li> </ul> | <ul style="list-style-type: none"> <li>• 1 butternut squash</li> <li>• 5 sweet potato</li> <li>• 2 pounds yukon gold potatoes</li> <li>• 6 yellow onions</li> <li>• 2 red onions</li> <li>• 1 shallot</li> <li>• 1 head of garlic</li> <li>• 3 dozen eggs</li> <li>• 2 salmon filets</li> <li>• 1 pound ground beef</li> <li>• 3 pounds ground pork</li> <li>• 6 chicken breasts</li> <li>• 4 pork chops</li> <li>• 1 whole chicken</li> <li>• 4 chicken apple sausages</li> <li>• 1 jar whole30 compliant marinara sauce</li> <li>• 1 jar capers</li> <li>• (3) 32-oz carton chicken stock</li> <li>• RX bars</li> <li>• Spindrift</li> </ul> |
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## Stocked Pantry Staples:

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| <ul style="list-style-type: none"> <li>• coconut oil</li> <li>• olive oil</li> <li>• salt</li> <li>• pepper</li> <li>• dried dill</li> <li>• almond butter</li> <li>• dried sage</li> <li>• garlic powder</li> </ul> | <ul style="list-style-type: none"> <li>• almond flour</li> <li>• italian seasoning</li> <li>• red wine vinegar</li> <li>• red pepper flakes</li> <li>• balsamic vinegar</li> <li>• brown deli mustard</li> <li>• tapioca starch</li> <li>• coconut aminos</li> <li>• dried fennel</li> <li>• sliced almonds</li> </ul> |
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