

MEAL PLAN GROCERY LIST

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

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