

Whole 30 Stock your Pantry

SPICES:

Olive Oil
Red Pepper Flakes
Garlic Powder
Salt & Pepper
Paprika
Cumin
Thyme
Cayenne
Lemon Pepper
Chipotle Chili powder
Oregano
Onion Powder
Minced Ginger
sesame seeds
Curry powder
Turmeric
Cinnamon
Garam Masala
dry mustard

LIQUIDS:

Olive Oil
Coconut aminos
Toasted Sesame oil
Hot sauce (Franks, Sriracha)
Rice Vinegar
Apple Cider Vinegar
Worcestershire sauce

SAUCES:

Chiotle Lime Mayo
Marinara Sauce
Ranch Dressing
Paleo Mayo
Ketchup

COSTCO

Adele's Chicken Apple Sausage
2- 3 packs Bacon
4 lbs Chicken Breast
bag of Chicken Thighs
True Story Turkey Slices
2 lb Ground Beef
2 lbs cooked shrimp
Beef broth
Chicken Broth

Whole 30 uses lots of fresh food and spices! I make sure to stock up on pantry and freezer items to limit my grocery trips. Be aware, these will all be used throughout the 30 days, so they're not listed in each Grocery lists!



Grocery List Menu 1 & 2

PANTRY:

Sunflower Seeds
Raisins
1 can diced tomato
1 can crushed
tomatoes

SAUCES:

Garlic Alfredo
sauce

VEGGIES:

1 lb Shaved Brussels
3 small red potatoes
2 white onions
Spinach
Red & green peppers
Fresh Dill
2 Sweet Potatoes
3 heads Broccoli
Red Onion
Spaghetti Squash
Cilantro
Garlic
Frozen hash browns

FRUITS:

Lemon
Lime
Cherry Tomato
Apples
bananas
Watermelon

MEAT:

4 Porkchops
Rotisserie Chicken (to
shred)
1 lb Ground Turkey

SNACKS & DRINK

Apples & almond butter
Celery & Ranch
Plantain Chips
berries and almond milk
Hard boiled Eggs
Hint Water
Tejava
Orange Juice



Grocery List Menu 3 & 4

PANTRY:

1 can mandarin
Orange
14.5 stewed tomato
tomato paste
14 oz can coconut
milk
1 c sliced almond
almond milk

FRUITS

Berries
bananas
roma
tomato
mango
avocado
Lemon
Lime

VEGGIES:

white onion
green onion
green cabbage
red cabbage
matchstick carrots
cilantro
baby carrots
zucchini
spinach
Rosemary
Thyme
2 packs mushrooms
baby potatoes
celery
ginger
Red onion
Romaine lettuce
Jalapeno
Frozen hash browns
bell pepper
Cauliflower rice

MEAT:

20 eggs
1 lb Italian Sausage
Chuck Roast
Halibut

SNACKS & DRINK

Apples & cinnamon
Larabar
Plantain Chips & Salsa
Hard boiled Eggs
Hint Water
Tejava
Apple Juice



Grocery List Menu 5 & 6

PANTRY:

Arrowroot flour
2- 14.5 oz fire roasted
tomato
1 can water chestnuts

FRUITS

Berries
Bananas
cherry tomato
cucumber
avocado
Lemon
cantaloupe
apples

VEGGIES:

2 white onion
2 green onion
1 lb shaved brussels
2 broccoli
cilantro
Red & green bell pepper
spinach
fresh dill
fresh parsley
baby bella mushrooms
white potatoes
celery
Red onion
Butter lettuce
Frozen hash browns
Cauliflower rice
Spaghetti squash

MEAT:

1.5 lb flank steak
1 lb. ground chicken

SNACKS & DRINK

Apples & almond butter
cucumber & cantaloupe
Hard boiled Eggs
Hint Water
Tejava
Grape Juice