

Grocery List for Week 1 of the 4 Week Whole30 Meal Plan from a Little Bite of This & That

PRODUCE

- ☐ 25 large garlic cloves, or ~ ½ c preminced
- ☐ 1 whole head of garlic, intact with paper
- ☐ 1" piece of ginger root (if doing week 2+3, grab 4-5" worth and save it to use those weeks, saves great in the freezer - just peel before you store it)
- ☐ 4 Lemons (buy by the bag, can freeze to save if needed)
- ☐ 5 Limes (buy by the bag, can freeze to save if needed)
- ☐ 8 Oranges (buy by the bag, can freeze to save if needed)
- ☐ 1 bunch green onions
- ☐ 3 bunches Flat Leaf Parsley
- ☐ 2 bunches Cilantro
- ☐ Small pkg Fresh Dill
- ☐ Fresh Thyme (optional)
- ☐ 2 medium Spaghetti Squash
- ☐ 1.5 lb Bitesize Medley Potatoes
- ☐ 6-8 medium Red potatoes
- ☐ 2 lb Broccoli
- ☐ 1 lb Green Beans
- ☐ 3 pk Romaine Hearts
- ☐ 1 lg Carrot (could get large back of carrots & use extras for lunches/snacks & dinners weeks 2-4)
- ☐ 3 Bell Peppers (prefer red/yellow/orange)
- ☐ 1 lg + 1 small Red Onion
- ☐ 2 Yellow Onion
- ☐ 8 oz sliced mushrooms
- ☐ 3 Avocados
- ☐ 2 Roma Tomatoes
- ☐ 1 jalapeno (for guac, plus more for serving fajitas if desired)

MEAT

- ☐ 1 ½ lb boneless/skinless Chicken Breast
- ☐ 1 lb boneless/skinless Chicken Breast
- ☐ 2 lbs Chicken Drumsticks
- ☐ 1 lb Sirloin (the thicker the better)
- ☐ 1 lb Ground Beef

COOLER

- ☐ 4 eggs
- ☐ 1 - 4 pk of Aidell's Chicken & Apple Sausage (or other W30 compliant sausage)

FROZEN

- ☐ 1- 1.5 lb jumbo shrimp
- ☐ 3 bags (24 oz) Riced Cauliflower
- ☐ 28 oz bag French Fries (skinny cut, not steakhouse)

PANTRY

- ☐ ½ c Cashews (week 3 calls for ½ c as well ... plus you can use them as a plated fat too)
- ☐ 1 c Full Fat Coconut Milk (canned)
- ☐ ½ c Almond Flour
- ☐ 1.5 c Beef Broth (check labels ... I personally will not stress if this is 'compliant' or not, broth can be difficult to find and pricey if you do - do your best)
- ☐ Olive Oil (need regular and "light")

- ☐ Sesame Oil
- ☐ White Truffle Infused Olive Oil
- ☐ 12 tablespoons Ghee
- ☐ ¾ c Coconut Aminos (found near Soy Sauce)
- ☐ 1 T Apple Cider Vinegar
- ☐ 2 T Red Wine Vinegar
- ☐ 3 T Dijon mustard (check label for sugars/alcohol, white wine is common)
- ☐ 1 T Frank's Red Hot Sauce (or equivalent)
- ☐ Capers (check label against common additives)
- ☐ Spices:
 - ☐ Black Pepper
 - ☐ Cayenne Powder
 - ☐ Chili Powder
 - ☐ Chipotle Powder
 - ☐ Cumin, ground
 - ☐ Garlic Powder
 - ☐ Garlic Salt
 - ☐ Onion Powder
 - ☐ Parsley, dried
 - ☐ Red Pepper Flakes
 - ☐ Salt
 - ☐ Smoked Paprika
 - ☐ Thyme, dried

Need to Add:

- ☐ Breakfast & Lunch ingredients!
- ☐
- ☐
- ☐
- ☐
- ☐

References:

- ☐ [Common Additives](#)
- ☐ [Sneaky Sugars](#)

TIP You can freeze citrus fruits (lemons/limes/oranges) to juice/zest later. So feel free to buy in bulk to save some money. Wash them off before freezing. Zest them while frozen; run them under warm water to thaw a bit before juicing. (I wouldn't eat them as a snack after they've been frozen.)

The items in green are items my Aldi doesn't carry.

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