

My Whole30 Grocery List

PROTEIN

B:

L:

D:

FAT

VEGGIES

Raw green:

Starchy:

Cooked green:

2-3 more of varied colors:

Cruciferous:

FRUIT

STAPLES

ADD-ONS

OTHER

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PROTEIN

B: hard boiled eggs (1 dozen)

L: rotisserie chicken

D: grass-fed ground beef (1 lb)

FAT

avocado (3 medium)

almond butter

pumpkin seeds

coconut milk

nuts

VEGGIES

Raw green: spring mix, collard greens

Starchy: sweet potatoes (5 small)

Cooked green: lacinato kale

2-3 more of varied colors:

eggplant, cauliflower rice, mushrooms

Cruciferous: Brussels sprouts

FRUIT

apples (3)

blueberries (1 pint)

STAPLES

Avocado oil

Ground turmeric

Coconut oil

Red pepper flake

Sesame oil

Balsamic vinegar

Chili powder

Apple cider vinegar

Garlic powder

Smoked paprika

ADD-ONS

Tessemae's BBQ sauce

coconut aminos

hot sauce (Cholula, Frank's)

Waterloo sparkling water

OTHER

Great to have on hand:

canned tuna

canned tomato sauce

pre-cooked proteins

frozen veggies

emergency snacks

Prep Instructions

COMPONENTS TO COOK

PREP STEPS

Prep Instructions

COMPONENTS TO COOK

Hard boiled eggs	Roasted sweet potatoes
Pulled rotisserie chicken	Roasted eggplant
Grass-fed taco beef	Cauliflower rice
Roasted Brussels sprouts	Sautéed kale
Roasted mushrooms	

PREP STEPS

1. Preheat oven to 375 degrees & start a large pot of boiling water.
2. While everything is heating up, start washing & chopping vegetables.
3. Add eggs to boiling water and set timer for 12 minutes. Move on to the next step. When timer goes off, add hot eggs to an ice bath to stop the cooking & make peeling easier.
4. Place one of your chopped veggies in a mixing bowl, drizzle with oil, and toss with seasonings.
5. Spread in a single layer on a sheet pan & roast for 20 minutes; flip & roast for another 10-20 minutes.
6. Repeat steps 4 & 5 until you've roasted all of your veggies. Use oven time to prepare your next veggie. This process moves even faster with 2+ sheet pans.
7. During your roasting time, start sautéing your ground beef, kale, and cauliflower rice.
8. Pull apart your rotisserie chicken. You can save the bones and make your own bone broth!