

WELL FED

FOR THE WHOLE30: WEEK 1 SHOPPING LIST

PROTEIN

4 pounds ground beef
2-3 pounds boneless, skinless chicken thighs
5-7 pound pork roast, boneless or bone in (shoulder, Boston butt, not loin)
organic, pastured eggs
tuna packed in olive oil
boneless, skinless sardines

CANNED GOODS

1 can (6 ounces) tomato paste
1 can (14.5 ounces) fire-roasted, chopped tomatoes
1 can (14.5 ounces) beef broth (or homemade)
32 ounces chicken broth (or homemade)

VEG & FRUIT

4-6 lemons
2-3 limes
spaghetti squash
sweet potatoes
2-3 heads fresh garlic
4 medium onions
fresh parsley or cilantro (or both)
1-2 pounds broccoli
1-2 pounds green beans
2 pounds zucchini (about 4 medium)
snap peas (if you want to make pad thai)
scallions (if you want to make pad thai)
... plus additional veg for salads, snacks, etc.

FATS

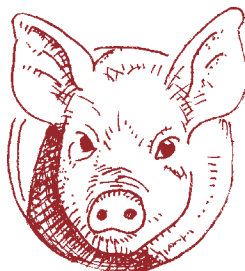
light-tasting olive oil (try Bertoli or Filippo Berio)
extra-virgin olive oil
unrefined coconut oil
unsweetened sunflower seed butter
2 cans coconut milk

SPICES

salt
coarse (granulated) garlic powder
dry mustard
Italian herb blend (or dried oregano, basil, and rosemary)
dried oregano leaves
chili powder
ground cumin
unsweetened cocoa
ground allspice
crushed red pepper flakes
powdered ginger
ground cayenne pepper
ground paprika
black pepper

OTHER

parchment paper or aluminum foil
coconut aminos
rice vinegar



Don't be grumpy! Think of all the delicious meals you can make with this food!