

WELL FED

FOR THE WHOLE30: WEEK 2 SHOPPING LIST

PROTEIN

2-3 pounds boneless, skinless chicken thighs
2 pounds ground beef
3-4 pounds baby back or St. Louis pork ribs
2-3 pounds beef stew meat
organic, pastured eggs
tuna packed in olive oil
boneless, skinless sardines

CANNED GOODS

2 (6-ounce) cans tomato paste
3 (14.5-ounce) cans beef broth (or homemade)
1 (14.5-ounce) can crushed or diced tomatoes

VEG & FRUIT

spaghetti squash
sweet potatoes
2-3 heads fresh garlic
1 fresh jalapeño
carrots
celery
3-4 medium onions
1 large red bell pepper (if you're making Taj Mahal Chicken)
1-2 pounds brussels sprouts
2-3 heads cauliflower
3-4 lemons
2-3 limes
fresh parsley or cilantro (or both)
... plus additional veg for salads, snacks, etc.

FATS

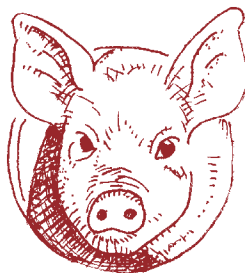
light-tasting olive oil (try Bertoli or Filippo Berio)
unrefined coconut oil
extra-virgin olive oil
unsweetened sunflower seed butter
2-3 cans coconut milk

SPICES

salt
coarse (granulated) garlic powder
ground black pepper
dry mustard
Chinese five-spice powder
bay leaves
fresh or dried rosemary
fresh or dried thyme
fresh or dried sage
2 cinnamon sticks
crushed red pepper flakes
powdered ginger
ground cayenne pepper
ground cumin
ground paprika
dried thyme

OTHER

parchment paper or aluminum foil
coconut aminos
rice vinegar
balsamic vinegar
1/3 cup raisins (if you're making Taj Mahal Chicken)
1/2 cup unsweetened apple sauce
(if you're making Taj Mahal Chicken)



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