

WHOLE30 MENU & SHOPPING LIST

	Meal Prep	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal 1 (Add fruit if desired)	Whole30 Breakfast Sausage	Eggs & Sausage OR Leftovers	Eggs & Sausage OR Leftovers	Eggs & Sausage OR Leftovers	Eggs & Sausage OR Leftovers	Eggs & Sausage OR Leftovers	Eggs & Sausage OR Leftovers	Eggs & Sausage OR Leftovers
Meal 2 (Substitute salad if desired)	Meal Prep Shepherd's Pie, Mason Jar Cobb Salad	Shepherd's Pie, Cobb Salad, OR Leftovers	Shepherd's Pie, Cobb Salad, OR Leftovers	Shepherd's Pie, Cobb Salad, OR Leftovers	Shepherd's Pie, Cobb Salad, OR Leftovers	Shepherd's Pie, Cobb Salad, OR Leftovers	Shepherd's Pie, Cobb Salad, OR Leftovers	Shepherd's Pie, Cobb Salad, OR Leftovers
Meal 3 (Add salad or veggie side)	Seasoning Blends (chili, taco, italian, all purp.)	Instant Pot Mexican Shredded Beef	Whole30 Egg Roll Bowls	Whole30 Chili	Instant Pot Chicken Tikka Masala	Protein of choice & Rainbow Veggie "Rice"	Instant Pot Chicken Cacciatore	Burgers & Rosemary Curly Fries
Snacks	Ideas: Hard Boiled Eggs , Veggies & Whole30 Ranch , Homemade Chocolate Larabars , Almonds, Olives, Pickles, Fruit							

Produce	Meat/Protein	Pantry	Frozen	Misc.
onions russet potatoes minced garlic and ginger bell peppers mushrooms coleslaw mix carrots celery cucumbers fruit rosemary broccoli cauliflower romaine	beef chuck roast ground turkey/pork (3 lbs) ground beef (2-3 lbs) chicken breast (2 lbs) chicken thighs (1.5 lbs) eggs compliant bacon	chicken & beef broth crushed tomatoes diced tomatoes tomato paste avocado oil almonds rice vinegar sesame oil fish sauce water chestnuts coconut aminos	cauliflower rice	