

Whole30 - 7 Day Meal Plan Shopping List – 1 person

Almond Flour	½ Cup	Red Onion	1
Almonds	½ Cup	Roasted Red Pepper	1 Jar
Apple Cider	1 Cup	Romaine Lettuce	1
Apple Cider Vinegar	½ Cup	Salad Mix	4 Bags
Apples	1	Salmon	2 - 5 oz Fillet
Applesauce	1 Jar	Salmon, Canned	3 Cans
Avocado	4	Spaghetti Squash	1
Basil, Fresh	4 Cups	Spinach	3 Bags
Beef Bone Broth	5 Cups	Sunflower Seed	
Beef Brisket	1.5 lbs	Butter	1 Jar
Bell Pepper	5	Sweet Potato	4
Broccoli	1	Sweet Potato, canned	1 Cup
Butternut Squash	1	Tomato	5 Cups
Cabbage	1	Tomato Paste	1 Can
Cashews	½ cup	Tomato, Crushed	1 - 28 oz can
Canned Chicken	3 Cans	Tuna	2 Cans
Capers	1 jar	Virgin Olive Oil	5 Cups
Carrots	4 Cups	Walnuts	1 Cup
Cauliflower	1	Yellow Squash	1
Celery	1	Zucchini	2
Chicken Breast	2	Spices Needed	
Chicken Broth	½ Cup	Allspice	
Coconut Aminos	1 Bottle	Balsamic Vinegar	
Coconut Cream	1 Cup	Bay Leaf	
Coconut Milk	2 Cups	Chili powder	
Coconut Oil	4 TBS	Chives, fresh	
Cooking Fat	21 TBS	Cilantro, fresh	
Cucumber	2	Cinnamon	
Dill Pickle	1 jar	Cloves, ground	
Eggs	24	Dill, fresh	
Endive	1	Garlic Powder	
Frisee	1	Ginger	
Fruit	8 Servings	Italian Seasoning	
Garlic	22 Cloves	Mustard Powder	
Ghee	11 TBS	Nutmeg	
Green Beans	4 Cups	Onion Powder	
Green Onions	6	Oregano	
Ground Meat	2 LBS	Paprika	
Kalamata Olives	1	Parsley, fresh	
Kale	1	Red Pepper Flakes	
Lemon	10	Red Wine Vinegar	
Limes	4	Rice Vinegar	
Mung Bean Sprouts	½ Cup	Rosemary	
Mushrooms	3 Cup	Sage	
Olive Oil light	4 Cups	Sesame Seeds	
Onion	6	Thyme	
Plantains	2		
Pork Butt	2 LBS		
Pork Chops	2		
Potatoes	1 Cup		
Raisins	½ Cup		