

WHOLE30 MEAL PLAN

GROCERY LIST

SUNDAY - SPAGHETTI SQUASH BAKE

1 SPAGHETTI SQUASH
1 1/2 POUNDS BONELESS SKINLESS CHICKEN BREASTS OR THIGHS
1 MEDIUM ONION
2 EGGS
1 CUP SALSA VERDE
1/2 CUP PALEO RANCH DRESSING
1 TSP SMOKED PAPRIKA
1 TBSP HOT SAUCE
CHOPPED CILANTRO, GREEN ONIONS, AVOCADO, AND LIME WEDGES, FOR SERVING

TUESDAY - SALAD JOE

1 POUND GROUND BEEF
1 15-OZ CAN TOMATO SAUCE
1/2 TSP GROUND SAGE
2 TBSP PLAIN YELLOW MUSTARD
2 TBSP HONEY
1 1/2 TSP DRIED MINCED ONION
1 TSP CHILI POWDER
1 1/2 TSP TAPIOCA STARCH
ROMAINE LETTUCE
PALEO RANCH
DICED PICKLES

THURSDAY - SW CHICKEN SOUP

4 TBSP GHEE OR AVO OIL
2 TO LBS BONELESS CHICKEN BREASTS
1 TBSP SWEET POTATO FRY SEASONING
1 LARGE ONION
4 MEDIUM CARROTS
4 CELERY STALKS
2 BELL PEPPERS (ANY COLOR)
2 (4-OZ) CANS GREEN CHILES
6 CUPS CHICKEN BROTH
1 CUP ALMOND MILK
1/2 CUP HEAVY CREAM (OPTIONAL)
2 TBSP FRESH LIME JUICE
2/3 CUP FRESH CILANTRO
SLICED AVOCADO AND HOT SAUCE

DESSERT - TOASTED CASHEWS

4 TBSP COCONUT OIL
2 TBSP RAW HONEY
2 CUPS RAW CASHEWS
1 1/3 CUPS UNSWEETENED SHREDDED COCONUT
CRUSHED RED PEPPER FLAKES

MONDAY - ROPA VIEJA

1 MEDIUM YELLOW ONION
1 GREEN BELL PEPPER
1 (15-OZ) CAN TOMATO SAUCE
1 (7-OZ) CAN GREEN CHILIS
2 TBSP TOMATO PASTE
1 TBSP DRIED OREGANO
2 TSP GROUND CUMIN
2 TBSP CIDER VINEGAR
1/2 TSP RED PEPPER FLAKES
2 LB BEEF CHUCK ROAST
2 TSP GARLIC POWDER
6 LARGE RED POTATOES
2 LARGE PLANTAINS
1/2 SMALL HEAD RED CABBAGE
4 TBSP FRESH LIME JUICE
VINE-RIPENED TOMATOES

WEDNESDAY - ASIAN SALMON

2 TBSP COCONUT AMINOS
1 TBSP RICE VINEGAR
1 TBSP AVOCADO OIL
3 CLOVES GARLIC
1 LB SALMON
2 TSP GRATED GINGER
1 TBSP LIQUID AMINOS
2 TBSP HONEY
1 BUNCH ASPARAGUS

FRIDAY - DETOX SALAD

1/3 CUP AVOCADO OIL
1/3 CUP FRESH LEMON JUICE
1/2 CUP FRESH FLAT LEAF PARSLEY
2 TSP STONE GROUND MUSTARD
2 TSP PURE MAPLE SYRUP
1 TSP FRESH GINGER
1/2 CUP RAW ALMONDS
2 CUPS BABY KALE
2 CUPS RED CABBAGE
1 CROWN BROCCOLI
2 CARROTS
1/2 RED BELL PEPPER
3 RADISHES
4 STALKS GREEN ONION
1 AVOCADO