

# WHOLE30 MEAL PLAN

## GROCERY LIST

### SUNDAY - BUTTERNUT BAKE

1 POUND BULK BREAKFAST SAUSAGE  
1/2 OF A LARGE BUTTERNUT SQUASH, SPIRALIZED  
2 LARGE HANDFULS OF TORN BABY SPINACH  
1 CUP JARRED SALSA VERDE  
9 EGGS  
1 CUP OF ALMOND OR COCONUT MILK  
1 1/2 TSP SEA SALT  
1 TSP ONION POWDER  
1 GARLIC CLOVE, MINCED  
1/2 TSP SMOKED PAPRIKA

### TUESDAY - MUSHROOM SOUP

5 SLICES THICK-CUT BACON  
1 POUND BROWN MUSHROOMS  
1 LARGE YELLOW ONION  
1 SPRIG ROSEMARY (OR DRIED)  
1 WHOLE BULB OF GARLIC  
3 TBSP AVOCADO OR COCONUT OIL  
1 1/2 QTS BEEF BROTH  
2 OZ DRIED SHIITAKE MUSHROOMS  
2 CUPS ALMOND MILK  
3 TBSP RED WINE VINEGAR  
2 TBSP COCONUT AMINOS  
KOSHER SALT AND BLACK PEPPER

### THURSDAY - THAI FISH CURRY

1 - 1 1/2 POUNDS THICK WHITE FISH  
1 TSP SEA SALT  
4 TSP THAI SPICE BLEND (SEE RECIPE NOTE)  
2 LIMES, DIVIDED  
2 TABLESPOONS AVOCADO OIL  
1 BUNCH OF BABY KALE OR BABY GREENS  
1 TABLESPOON FISH SAUCE  
1 - 13.5 OZ CAN OF COCONUT MILK  
1/4 CUP COCONUT OIL OR MORE AVOCADO OIL  
SRIRACHA OR SAMBAL OELEK

### MONDAY - IP BEEF STEW

1 SMALL RED ONION  
2 LBS BEEF STEW MEAT  
3 CLOVES GARLIC  
1 TBSP DRIED PARSLEY  
1 TBSP DRIED OREGANO  
3 LARGE CARROTS  
3 PARSNIPS  
2 CUPS BUTTERNUT SQUASH  
5 CUPS BEEF BROTH  
1 BAY LEAF

### WEDNESDAY - CASHEW CHICKEN

1/2 CUP COCONUT AMINOS  
1/4 CUP CHICKEN BROTH  
2 TSP TOASTED SESAME OIL  
1 TBSP TAPIOCA FLOUR  
1 (2-INCH) NUB FRESH GINGER  
1 TBSP SRIRACHA  
1.5 LBS CHICKEN BREASTS  
1 LARGE CROWN BROCCOLI  
3 CLOVES GARLIC  
1 CUP CASHEWS  
2 TSP SESAME SEEDS  
1/3 CUP FRESH CILANTRO

### FRIDAY - SAUSAGE VEG SKILLET

1 (12-OZ) PACKAGE PRE-COOKED SAUSAGE LINKS OF CHOICE  
4 LARGE CARROTS  
2 MEDIUM ZUCCHINI  
1 LARGE BELL PEPPER  
2 TSP DRIED PARSLEY

### DESSERT - BROWNIE BITES (FOR LATER)

1 1/4 CUP BLANCHED ALMOND FLOUR  
1/2 CUP PROTEIN POWDER (OPT)  
1/4 CUP UNSWEETENED COCOA OR CACAO POWDER  
1/2 TEASPOON BAKING SODA  
1/4 TEASPOON SEA SALT  
1/3 CUP COCONUT OIL, SOFT, BUT NOT MELTED  
2 TABLESPOONS ALMOND BUTTER  
1 TABLESPOON HONEY  
2 TEASPOON PURE VANILLA EXTRACT  
1/3 CUP DARK MINI CHOCOLATE CHIPS