



**January Whole 30 – Week 1 Meal Plan & Grocery Haul**

# January 2020 Whole 30 Meal Plan

Week 1	Breakfast	Lunch	Dinner	Snacks
Thursday	Soft scrambled eggs with baby spinach & fresh avocado	<a href="#">SkinnyTaste's Instant Pot Chicken Tikka Masala</a> , <a href="#">sautéed caulirice</a>	Garlic & herb lamb chops, sautéed brussels sprouts, mashed parsnips	Apples, carrots, raw almond or cashew butter, Chomps jerky
Friday	<a href="#">Lexi's Clean Kitchen Sheet Pan Classic Breakfast</a>	Burger bowl: Super greens, sliced avocado, chopped red beets, avocado ranch dressing	Turkey Bolognese & zucchini noodles	Seaweed, avocado, raw salted macadamia nuts
Saturday	<a href="#">PaleoOMG's Steak Tips Hash</a>	Turkey wraps: super greens, avocado, avocado ranch dressing, soft boiled eggs	<a href="#">iheart Umami's Paleo Beef with Broccoli</a>	Roasted sweet potatoes, almond butter

# January 2020 Whole 30 Grocery List

## VEGETABLES

- Baby spinach
- 4-6 medium sized avocados
- 2 large yellow potatoes
- 2 medium onions
- 2 red bell peppers
- 1 yellow bell pepper, diced
- 2 garlic heads
- 3 small white sweet potatoes
- 1 small sweet onion
- 1 bunch green onions
- 1 small fresh ginger root
- 2 cups cauliflower florets
- 1/2 cup frozen peas
- 1/4 cup fresh cilantro leaves, for serving
- 1 to 2 heads broccoli, break into florets
- 1 pkg LoveBeets red beets
- 2 medium sized lemons
- 1 (10oz) bag shaved brussels sprouts
- 4-6 large parsnips
- 3 Tablespoons fresh parsley, minced for garnish
- 2 apples
- 1.5 lbs. zucchini or zucchini noodles
- Carrot sticks
- 2 medium sized Japanese sweet potatoes

## MEAT / EGGS

- 2 dozen eggs
- 6 pieces nitrate-free, sugar-free bacon
- 2 pounds steak tips
- 1 1/2 pounds skinless, boneless chicken thighs
- 1 lb. beef (sirloin, skirt steak, boneless short ribs...etc.)
- 1.5 lbs. grass fed ground beef
- 1 pkg Apple gate farms roasted turkey deli meat
- 6 lamb chops
- 1.5 lbs. ground turkey

## PANTRY STAPLES / SNACKS

- Ghee
- Avocado oil
- Olive oil
- Sesame oil
- Coconut aminos
- Red boat fish sauce
- Tessemae's Avocado ranch dressing
- Trader Joe's Multipurpose Umami Seasoning
- Sea salt
- Black pepper
- Garlic powder
- Chili powder
- Dried parsley
- Dried oregano
- Dried rosemary, sage, thyme
- Red pepper flakes
- Ground coriander
- Ground Cumin
- Ground Turmeric
- Garam masala
- Cayenne pepper
- Ground cardamom
- 2 dried bay leaves
- 1 jar (25 oz) of your favorite tomato sauce (look for a bottle with no sugar)
- 14 ounce can diced tomatoes, drained
- 1/2 cup full fat canned coconut milk
- 1 tsp arrowroot powder
- 1/4 tsp baking soda
- Seasnax seaweed
- Almond or cashew butter
- Chomps jerky sticks
- Raw salted macadamia nuts