

Whole30-Week 1

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PRODUCE

5 medium sized zuchini
1 bundle celery
1 lb whole carrots
3 yellow onions + 1 red onion
1 bundle kale
1 jalepeno pepper
2 heads of broccoli
3 large sweet potatoes
2 lbs red potatoes
8 oz. button mushrooms
1 bunch cilantro
2-3 sprigs rosemary
1 lime
1 bunch green onions
2 heads garlic OR 1 jar minced
2 in. piece ginger OR tube of paste
lettuce for wraps + lettuce for salad

PROTEIN

1 whole chicken
2 lbs pork tenderloin
1 lb ground chicken
3 lbs ground beef (divide-2 recipes)
1 lb skirt steak
1 1/2 lbs chicken breast
1 pkg proscutto
2 dz eggs
1 Aidells chicken & apple sausage

CANNED GOODS

* check lables
1 15oz can tomato sauce
1 15oz can diced tomatoes
1 can tomatoes w/ green chilis
1 can full fat coconut milk
2 carton compliant chicken broth
1 8oz. can water chestnuts

OPTIONAL/ YOUR CHOICE

fruit for snacks & breakfast
avocado & single serve guacamole
compliant salad dressing
compliant almond or cashew butter
frozen riced cauliflower (easy side)

PANTRY

arrowroot starch
olive oil & balsamic vinegar
baking soda
chili powder
cumin, oregano, cayenne pepper
ghee OR clarified butter
red pepper flakes
toasted sesame oil
coconut aminos
Red Boat fish sauce