



**January Whole 30 – Week 2 Meal Plan & Grocery Haul**

# January 2020 Whole 30 Meal Plan

## WEEK 2

	Breakfast	Lunch	Dinner	Snacks
Thursday	*Egg frittata	<u>Movement Menu's Chicken Shawarma Salad</u>	*Garlic Shrimp & Chicken Sausage stirfry & Cauli Fried Rice	Apples, carrots, fresh berries, raw almond or cashew butter
Friday	*Roasted sweet potato with avocado mash	<u>Nom Nom Paleo's Instant Pot Beef Chili</u>	*Instant Pot Chicken Adobo with Coconut Milk	Soft boiled eggs & seaweed
Saturday	*Egg frittata	<u>Chipotle Whole30 Salad Bowl</u>	<u>Nom Nom Paleo's Instant Pot Kalua Pig</u>	Avocado, raw nuts, Applegate Roasted Turkey Deli Meat
Sunday	*Butternut squash protein bowl	<u>Nom Nom Paleo's Instant Pot Beef Chili</u>	*Instant Pot Chicken Adobo with Coconut Milk	Soft boiled eggs & seaweed
Monday	*Roasted sweet potato with avocado mash	<u>Chipotle Whole30 Salad Bowl</u>	*Garlic Shrimp & Chicken Sausage stirfry & Cauli Fried Rice	Apples, carrots, fresh berries, raw almond or cashew butter
Tuesday	*Butternut squash protein bowl	<u>Movement Menu's Chicken Shawarma Salad</u>	<u>Nom Nom Paleo's Instant Pot Kalua Pig</u>	Avocado, raw nuts, Applegate Roasted Turkey Deli Meat
Wednesday	Leftovers	Leftovers	Leftovers	Leftovers

\*Full As a Mother Original Recipe!

# January 2020 Whole 30 Grocery List

## VEGETABLES

- 1 large yellow bell pepper
- 1 large orange bell pepper
- 4-6 medium sized avocados
- 4 medium sized sweet potatoes
- 1 medium sized butternut squash
- 2 medium onions
- 2 heads of garlic
- 1 English cucumber
- 1 Large carrot stick
- 1 small red onion
- 1/2 head romaine lettuce
- 1/2 head butter lettuce
- 1/2 cup fresh mint finely
- 1/2 cup fresh parsley
- 1 bunch scallions (green onions)
- Carrot sticks
- 4 lemons
- 2 limes
- 4 Fuji Apples
- 1 large container of blueberries
- 1 large container of blackberries
- 1 large container of raspberries
- 1 bunch bananas
- 24oz Frozen Caulirice
- 1 cup frozen peas

## MEAT / EGGS

- 1 dozen eggs
- 1 pkg pieces nitrate-free, sugar-free bacon
- 2 pounds boneless, skinless chicken thighs
- 2lbs ground beef
- 1 pkg Apple gate farms roasted turkey deli meat
- 2 – 160z bags of Trader Joe's Argentinian Shrimp
- 1 pkg Trader Joe's Garlic & Herb Chicken Sausage
- 5 lbs bone-in pork shoulder-roast
- 2.5 – 3 lbs bone-in chicken thighs (skin on)

## PANTRY STAPLES / SNACKS

- Hemp seeds
- Cacao nibs (optional)
- Chia seeds (optional)
- Ghee
- Avocado oil
- Tahini sauce
- Coconut aminos
- Apple cider vinegar
- Tomato paste
- 13.5 oz canned coconut milk
- 14.5 oz can fire roasted diced tomatoes
- Chicken broth
- Red boat fish sauce
- Trader Joe's Multipurpose Umami Seasoning
- Sea salt
- Black pepper
- Garlic powder
- Coriander powder
- Cumin
- Ground cardamom
- Paprika
- Dried turmeric
- Red pepper flakes
- Chili powder
- Dried oregano
- Ground cumin
- Cayenne pepper
- Seasnax seaweed
- Almond or nut butter of choice (raw, unsweetened)
- Chomps jerky sticks
- Raw nuts of choice for snacking