



**January Whole 30 – Week 3 Meal Plan & Grocery Haul**

# January 2020 Whole 30 Meal Plan

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## WEEK 3

### Dish 1

#### Breakfast

\*Cauliflower gnocchi breakfast bowl

#### Entrée

The Defined Dish's Creamy Cauliflower Soup

#### Snacks

Seaweed tacos: seaweed, avocado, soft boiled egg

### Dish 2

ChefSteps Sous vide egg with bacon and spinach

\*Chicken piccata & mashed potatoes

Apples, carrots, fresh berries, raw almond or cashew butter

### Dish 3

\*Roasted sweet potatoes, eggs, sautéed spinach

\*Instant Pot Pork Spareribs with roasted butternut squash & brussels sprouts

Chomps jerky sticks, raw nuts, dried fruit (sugar free)

### Dish 4

\*Breakfast chia seed pudding

\*Thai Beef Curry with kabocha squash and haricot verts (French green beans)

Ants on a boat: 1 banana sliced length-wise, nut butter (sugar free), blueberries, and hemp seeds

\*Full As a Mother Original Recipe!

# January 2020 Whole 30 Grocery List

## VEGETABLES

- 10oz bag of baby kale
- 10oz bag of baby spinach
- Fresh chives or scallions for garnish
- Microgreens for garnish
- Parsley for garnish
- 8oz cremini mushrooms
- 4 avocados
- 1 large head of cauliflower
- 1 yellow onion
- 2 heads of garlic
- 4 medium sized sweet potatoes
- 4-6 medium sized Yukon gold potatoes
- 1 small butternut squash
- 1 small kabocha squash
- ½ lb French green beans (haricot verts)
- 1 lb brussels sprouts
- 2 lemons
- Fuji apples (2-3)
- Baby carrots
- Fresh blueberries
- Bananas

## MEAT / EGGS

- 1 dozen eggs
- 1 pkg pieces nitrate-free, sugar-free bacon
- 2 whole, boneless, skinless chicken breasts
- 1 rack pork spareribs
- 3 lbs boneless beef shortribs

## PANTRY STAPLES / SNACKS

- Hemp seeds
- Chia seeds
- Vanilla bean powder
- Olive oil
- Ghee
- Avocado oil
- 8.5 oz bottle of Primal Kitchen's BBQ sauce
- Mae Ploy Massaman Curry Paste
- 3 (13.5 oz) canned coconut milk
- Chicken broth
- Red boat fish sauce
- Tapioca starch or cassava flour
- Trader Joe's Multipurpose Umami Seasoning
- Sea salt
- Black pepper
- Garlic powder
- Paprika
- Cayenne pepper
- Seasnax seaweed
- Almond or nut butter of choice (raw, unsweetened)
- Chomps jerky sticks
- Raw nuts of choice for snacking
- Sugar free dried fruit