



**January Whole 30 – Week 4 Meal Plan & Grocery Haul**

# January 2020 Whole 30 Meal Plan

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## WEEK 4

### Dish 1

#### Breakfast

\*Filipino Breakfast: Applegate Farms Grassfed Beef Hot Dogs, garlic fried cauliflower, fried eggs

#### Entrée

\*Butternut squash lasagna

#### Snacks

Seaweed tacos: seaweed, avocado, soft boiled egg

### Dish 2

\*Cinnamon roasted sweet potatoes toast, fresh berries, bananas, hemp seeds, almond butter

PaleOMG's Gnocchi Soup

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

### Dish 3

Soft scrambled eggs with spinach and mushrooms

\*Surf n' Turf Ribeye Steak, langostino and garlic zoodles

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

\*Full As a Mother Original Recipe!





# January 2020 Whole 30 Grocery List

## VEGETABLES

- 10oz bag of baby spinach
- 1 bunch fresh kale
- 1 bell pepper
- 8oz cremini mushrooms
- 4 avocados
- 2 cups of fresh or frozen cauliflower
- 1 yellow onion
- 2 heads of garlic
- 2 medium sized sweet potatoes
- 4-5 medium zucchini (or ready made zoodles)
- 1 large butternut squash
- 2 lemons
- Carrot sticks
- Fuji apples (2-3)
- Fresh berries
- Bananas
- 20oz fresh or frozen cauliflower
- 1 pkg of Trader Joe's Cauliflower gnocchii
- Trader Joe's Vegan Kale Pesto Sauce
- 8oz Kite Hill Almond ricotta

## MEAT / EGGS

- Applegate Farms Grassfed beef hot dogs
- 1 dozen eggs
- 1 pkg pieces nitrate-free, sugar-free bacon
- 21lb ground beef or pork
- 2 (8oz) ribeye steaks
- 1 pkg Trader Joe's frozen langostino

## PANTRY STAPLES / SNACKS

- Hemp seeds
- Olive oil
- Ghee
- Avocado oil
- 32 oz Chicken broth
- 14 oz can of garlic herb diced tomatoes
- Sea salt
- Black pepper
- Garlic powder
- Seasnax seaweed
- Almond or nut butter of choice (raw, unsweetened)
- Chomps jerky sticks
- Raw nuts of choice for snacking
- Sugar free dried fruit