

My Whole 30 Journey

www.LatriceMurphyDesign.com

Shopping List

I use mostly organic foods, nitrate and preservative free totally! You can do this, now let's get shopping. Hopefully I didn't forget anything, LOL!

Meat

Boneless skinless chicken breasts

2 lb. Pork butt

2 cans of Albacore tuna

Kielbasa

Bacon

Vegetables

6 zucchini

2- heads of cauliflower

1 bag of baby new potatoes

Large container of baby spinach

Scallions

Green onions

3 of each- Red, green, yellow and orange peppers

Celery

2-White onion

2 cans of diced tomatoes

Snow peas

Frozen

Carrots

1 bag of broccoli slaw

Sweet potatoes

Fruit

2- Whole Pineapples

Bunch of bananas

3- Lime

Oranges

Fats

Extra Virgin Olive Oil

Coconut oil

Clarified Butter

Avocado mayo

Almond butter

Coconut milk

Protein

14 Eggs

Seasonings- Check what you have on hand first. I know I have just about everything.

Ground ginger

Garlic cloves

Paprika

Cinnamon

sea salt

paprika

garlic powder

onion powder

black pepper

chili powder

cumin

coriander

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rosemary

cayenne

dry mustard

Fresh Parsley

Fresh basil

Fresh Cilantro

Red chili flakes

Oregano

Other

Chicken stock

Vegetable stock

Apple cider vinegar

Plain vinegar

Almond flour

Coconut flour