

WHOLE30 MEAL PLAN

GROCERY LIST

SUNDAY - CARROT SOUP

1 1 (15-OZ) CAN FULL-FAT COCONUT MILK
1 YELLOW ONION
2 LBS CARROTS
1-INCH NUB FRESH GINGER
3 CLOVES GARLIC
1 TSP GROUND CUMIN
1/2 TSP GROUND TURMERIC
32 OUNCES VEGETABLE BROTH

TUESDAY - TURKEY BOWLS

1 YELLOW ONION
1 APPLE
5 CLOVES GARLIC
2 CUPS MUSHROOMS
1 LB GROUND TURKEY
2 ZUCCHINI
2 TSP DRIED OREGANO
1 TSP GROUND GINGER
4 CUPS BABY SPINACH
1 HEAD CABBAGE

THURSDAY - TURMERIC CHICKEN

4 LARGE CARROTS
2 MEDIUM ZUCCHINI SQUASH
1 LARGE CROWN BROCCOLI
1 MEDIUM YELLOW ONION
1.5 LBS BONELESS SKINLESS CHICKEN THIGHS
1/2 TSP GROUND TURMERIC
1/2 TSP GROUND PAPRIKA

DESSERT - 4-ING BROWNIES

4 LARGE RIPE BANANAS
1 EGG
1 CUP UNSWEETENED CREAMY ALMOND BUTTER
1/2 CUP RAW CACAO POWDER

MONDAY - CABBAGE & BACON

8-9 SLICES OF UNCOOKED THICK-CUT, NITRATE-FREE BACON
1 LARGE SWEET ONION
1 LARGE HEAD OF CABBAGE, SHREDDED
1/2 TEASPOON SEA SALT
1 CLOVE GARLIC, MINCED
1 TABLESPOON RED WINE VINEGAR

WEDNESDAY - KALE SALAD

1 LB OF BUTTERNUT SQUASH CUBES
2 LARGE, TART BAKING APPLES
1 MEDIUM ONION
3/4 TEASPOON SEA SALT
1/2 TEASPOON CINNAMON
1/2 TEASPOON GROUND MUSTARD
1/2 TEASPOON BLACK PEPPER
4 TBSP APPLE CIDER VINEGAR
1 TEASPOON DIJON MUSTARD
1 GARLIC CLOVE, MINCED
1 TSP HONEY OR MAPLE
1/2 CUP + 2 T EVOO OR AVOCADO OIL
2 BUNCHES KALE

FRIDAY - CHEESEBURGER SOUP

1 POUND GROUND BEEF
1 MEDIUM ONION, CHOPPED
1 STALK CELERY, CHOPPED
2 CLOVES GARLIC, MINCED
2 14-OZ CANS BEEF BROTH
2 MEDIUM RUSSET POTATOES
1 15 1/2-OZ CAN DICED TOMATOES
1 6-OZ CAN TOMATO PASTE
1 TABLESPOON HONEY
1/4 CUP PICKLE JUICE
2 TABLESPOONS DIJON MUSTARD
1 TABLESPOON COCONUT AMINOS
1 CUP ALMOND OR COCONUT MILK
1/2 CUP NUTRITIONAL YEAST
TOPPINGS SUCH AS PICKLES, ONIONS, MUSTARD AND/OR KETCHUP