

Grocery List

PROTEIN & DAIRY

- 1¼ lbs. chicken breast
- 1-1¼ lbs. flank steak or sirloin
- 1 lb. sausage (*Whole30-Compliant* such as *Pederson Farms Kielbasa* or *Aidells Chicken Sausage*)

PRODUCE:

- 2 heads broccoli
- 1 medium onion
- 3 cloves garlic, finely chopped
- 3 red bell peppers
- 1 lb. brussels sprouts
- 1 large sweet potato
- 1 medium spaghetti squash (*about 3 lbs.*)
- 1 rib celery
- 4 green onions
- 2 Tbsp. + 1 tsp. minced fresh ginger
- 1½ tsp. lemongrass paste (*may substitute 2 tsp. lime juice*)
- 6 cups kale
- 2 small carrots
- ½ cup shredded red cabbage
- ½ cup sugar snap peas
- ⅓ cup fresh cilantro leaves
- Lime wedges (*optional*)
- Raw veggies for snacking

CANNED AND DRY GOODS:

- ¼ cup *cashews*, chopped
- 1 Tbsp. *tapioca starch* (*optional for a thicker sauce*)

OILS, SPICES & CONDIMENTS:

Budget Saving Tip: purchase spices in bulk.

- 1 tsp. *dried parsley*
- ½ tsp. *dried dill*
- 1½ tsp. *garlic powder*
- ½ tsp. *onion powder*
- ½ tsp. *dried chives*
- 1¼ tsp. *red pepper flakes*
- ½ cup *Tessemae's Mild Buffalo Sauce*
- 1 cup *coconut aminos*
- 1 Tbsp. *raw apple cider vinegar*
- ½ tsp. *fish sauce (optional)*
- ½ cup mayo (*homemade or Primal Kitchen Mayo*)
- ⅓ cup *full-fat canned coconut milk*
- 3 Tbsp. *toasted sesame oil*
- 2 Tbsp. cooking fat, divided
- 3 Tbsp. avocado oil or *olive oil*



Buffalo Chicken Stuffed Spaghetti Squash



Beef and Broccoli



Sausage Sweet Potato and Veggie Skillet



Thai Kale Salad with Ginger-Lemongrass Vinaigrette



Paleo Ranch Dressing & Dip + Raw Veggies

ENTREE 1

ENTREE 2

BREAKFAST

SIDE

SNACK OR TREAT