

Whole 30 Shopping List

MEATS

6 oz. cans salmon	3
baby back ribs, lbs.	2
beef flank steak, lb	1
beef roast, lbs.	1.5
Brisket, lbs	1.5
ckn breasts	11
ckn legs, lb.	1
ckn thighs, lb.	4
ground ckn, lb.	1
ground meat, lb.	4
halibut, oz.	10
london broil, lbs.	2
pork butt, lbs.	2
pork chops	2
pork tenderloin, lbs.	1
salmon fillets	2
steaks	2
tri-tip, lbs.	2
turkey burgers	4
whole chicken	1

CANNED

apple cider, C	2
beef broth, C	9
capers, T	1
chicken broth, C	6
coconut milk, cans	4
cranberries, dried, C	0.25
diced tomatoes, can	3
pickles, dill	
rice vinegar, C	0.5
sweet potato puree	1
Tessamae's BBQ sauce	2
Tessamae's Ranch Dressing	1
Tessamae's Vineagrette	1
tomato paste, can	1
tuna, small cans	2
French's mustard, bottle	1
Primal Kitchen Mayo	1

FRESH

apples	4
avocado, whole	4
basil, T	2
bell pepper	8
broccoli heads	2
butternut squash	1 large
carrots	6
celery stalks	2
cilantro, bunch	1
cucumber	1
eggs	3
endive, head	1
frisee bunch	1
green beans, lb.	2
green onions	10
Kale, head	1
lemons	7
lettuce, leaf	1
limes	10
mushrooms, C	3
onion, brown	8
orange	1
raspberries, C	half
red onion	1
salad greens, C	10
shallot	2
spaghetti squash	1
spinach, bag	1
sweet potatoes	9
tomatoes	4
tomatoes, cherry	1
yellow squash	1
zucchini	1

SPICES

thyme, fresh, T	3
allspice, tsp.	half
almond flour, C	half
bay leaf	1
black peppercorns	6
cayenne pepper, tsp.	eighth
chili powder, tsp.	3
cooking fat/ghee, T	31
cumin, tsp.	2
dill, dried, tsp.	4
mustard, dry, tsp.	9
Extra Virgin Olive Oil, C	3
garlic powder, tsp.	5
ginger root, T	1
ginger, ground, tsp.	4
hazelnuts, C	quarter
jalapeno	2
minced garlic, tsp.	19
nutmeg,	pinch
onion powder, tsp.	5
oregano, tsp.	10
paprika, T	3 1/4
parsley, dried, tsp.	2
pepper, tsp.	13
red pepper flakes, tsp.	1
salt, tsp.	21
thyme	1
walnuts, C	1
curry powder, tsp.	3
cinnamon, tsp.	1

The shopping list include all ingredients for all parts of the recipes - dressings, sauces and such.

I find Tessamae's Whole 30 compliant sauces at Ralph's and Krogers or on-line at Tessamaes.com.