



Whole30 Meal Plan

- Taco Salad from Rainbow Delicious
- Sweet Potato Crusted Spinach and Sausage/Chorizo Quiche from Prevention
- Grilled Chicken with Pineapple Avocado Salsa from ALDI
- Paleo Greek Salad from Fed and Fit Gimme Some Oven
- Grilled Salmon with Avocado Salsa from Cookie Rookie

Produce

- romaine (6 C) (4 C)
- tomatoes (2 large) (1 1/2 C)
- avocados (2) (1) (1+)
- red onion (1/4) (1/2 C) (1/4 C) (1/2)
- limes (2) (2 T juice) (2)
- onion (1)
- garlic cloves (2)
- sweet potatoes (4)
- spinach (2 C)
- pineapple (2 C)
- jalapeno (1)
- lemon (1)
- cucumbers (1 1/2 C)
- pepperoncini peppers (3/4 C, optional)

Herbs

- cilantro (small bunch) (1 C) (2T)
- basil (garnish)

Spices

- cumin (1 t) (1/4 t) (1 t)
- chili powder (2 T) (1/2 t)
- coriander (1/2 t)
- greek seasoning (1 T)
- paprika (1 t)
- onion powder (1 t)

Dairy

- eggs (10)

Meat + Fish

- ground beef (1 lb)
- sausage/chorizo sausage (2 large)
- chicken breasts (4)
- chicken tenders (2 lbs)
- salmon (2 lbs)

Pantry Items

- olive oil (2 T+) (1 T) (2 T) (1/3 C) (1 T)
- white wine vinegar (1 C)
- capers (2 T, optional)
- kalamata olives (3/4 C)

Extras

- skewers (for greek salad)