

# WHOLE30

## *Shopping List*

grapes  
watermelon  
apricots  
peaches  
blueberries  
cherries  
kiwi  
melon  
strawberries  
avocado  
cashews  
walnuts  
mixed nuts  
hazelnuts  
olives  
ghee  
coconut oil  
extra-virgin olive oil  
chicken thighs  
chicken breasts  
ground beef  
ground turkey  
tuna  
sardines  
eggs  
pork loin  
sausage  
spaghetti squash  
limes  
lemons  
canned artichokes  
beets  
salad mix  
cucumbers  
bell peppers  
tomatoes  
carrots  
frozen broccoli  
frozen green beans  
lots of garlic  
onions  
sugar snap peas  
spinach  
zucchini  
sweet potatoes

*[tallmomtinybaby.com](http://tallmomtinybaby.com)*