

Whole 30 Grocery List

eggs
ghee

ground beef
chicken
ground pork
roast

butternut squash
spaghetti squash
tomatoes
carrots
garlic
lettuce
zucchini
spinach
fresh basil
fresh rosemary
sweet potatoes
red potatoes

apples
cherries
grapes
watermelon
bananas
strawberries
lemon
lime

coconut oil
coconut milk

chia seeds
almonds

Perrier- grapefruit