

# Weekly Planner

## Week 2 - Whole30

Sunday

Instant Pot Sausage & Peppers

Monday

Bacon Apple Chicken Salad

Tuesday

Instant Pot - Whole30 Taco Tuesday

Wednesday

Curried Lemon Coconut Chicken

Thursday

Jamaican Jerk Pork Roast

Friday

Whole Chicken - Instant Pot

Saturday

Instant Pot Mexican Beef

### Dinner Grocery List:

#### Meat/Poultry/Fish

- 2 packages of Italian Sausage
- 8 chicken breasts
- 1 Whole Chicken
- 1 Package Bacon (whole30 approved)
- 1 lb grassfed ground beef
- 2 1/2 lbs boneless beef short ribs, brisket or chuck roast
- Pork Roast

#### Produce/Potatoes

- 4 Green bell peppers
- 3 Apples
- 1 Bag red grapes
- 1 head of romaine lettuce
- 1 yellow onion
- 2 heads of garlic

#### Canned Foods/Broths

- 1 can (28oz) tomatoes in their own juices
- 1 can (15 oz) tomato sauce (no added sugar)
- 1 can (6oz) tomato paste
- 1 can coconut milk
- 1 jar of roasted tomato salsa
- Whole30 Approved Mayo
- Ghee
- Bone Broth
- Beef stock
- Red boat fish sauce

#### Herbs/Spices/Oils/etc

- Jamaican Jerk Spice
- Basil
- Oregano
- Garlic powder
- Italian seasoning
- Onion Powder
- Red pepper flakes
- Cumin
- Paprika
- Curry Powder
- Tumeric
- Salt
- Pepper
- Chili Powder

\*Don't forget to grab some side items!