

# Weekly Planner

Week 3 - Whole30

Sunday

Whole30 Approved Wings

Monday

Roasted Butternut Squash Soup

Tuesday

Almond and Coconut Crusted Tilapia

Wednesday

Chicken Tortilla-less soup

Thursday

Buffalo Chicken Stuffed Spaghetti Squash

Friday

Beef Sliders with Chipotle Lime Mayo

Saturday

Creamy Turmeric Chicken Thighs

## Dinner Grocery List:

### Meat/Poultry/Fish

- 2 lbs chicken wings
- 8 Chicken breasts
- 4 Tilapia filets
- 10 Beef slider patties (grass-fed)
- 6 Organic Bone in chicken thighs

### Produce/Potatoes

- 1 Yellow Onion
- Green Onion
- 2 Red Bell peppers
- 2-3 lemons
- 3 heads of garlic
- 1-2 Jalapenos
- 2 limes
- 2-3 Avocados
- Butter Lettuce
- 1 Large Butternut squash
- 1 Purple Onion
- 2 Medium tomatoes
- 1 Medium Spaghetti Squash
- Celery

### Canned Foods/Broths/Other

- Coconut cream
- Chipotle Lime Mayo (Primal Kitchen)
- Mayo (whole30 compliant or homemade)
- Hot sauce (whole30 compliant)
- Ghee
- Blanched coconut flour
- Unsweetened shredded coconut
- Chicken broth
- 28 oz can fire roasted crushed tomatoes
- Tessemae's Mild Buffalo Sauce
- Tessemae's Creamy Ranch Dressing

### Herbs/Spices/Oils/etc

- Dried Chives
- Dried dill
- Onion powder
- Powdered Garlic
- Arrowroot Starch
- Cayenne pepper
- Sea Salt
- Coconut oil
- Lemon pepper seasoning (Whole30 compliant)
- Taco seasoning (Whole30 compliant or homemade)
- Ground cumin
- Cilantro
- Chili powder
- Black Pepper
- Ground Turmeric