

PRO	T	E	IN	8
Meat	ari	ud	Egg	gs

Plenty o' greens

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Add some sweetness to your meal

FATS

Coconut, nuts, and healthy oils

CANNED GOODS

Stay fresh my friend

MISCELLANEOUS



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MISCELLANEOUS



PRO	T	E	IN	\int_{0}^{∞}
Meat	GT.	ud	Egi	gs

Plenty o' greens

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MISCELLANEOUS



PROTEINS Meat and Eggs	FRESH VEGGIES Plenty o' greens
FRUITS Add some sweetness to your meal	FATS Coconut, nuts, and healthy oils
CANNED GOODS Stay fresh my friend	MISCELL ANEOUS Anything else

WHOLE30 GROCERY LIST · DAYS 26-30

PRO	T	E	IN	2
Meat	GT.	ıd	Egi	Je

FRESH VEGGIES

Plenty o' greens

Add some sweetness to your meal

FATS

Coconut, nuts, and healthy oils

CANNED GOODS

Stay fresh my friend

MISCELLANEOUS