



WHOLE30 GROCERY LIST · DAYS 1-5



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

_____	_____
_____	_____
_____	_____

MISCELLANEOUS

Anything else

_____	_____
_____	_____
_____	_____



WHOLE30 GROCERY LIST · DAYS 6-10



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

_____	_____
_____	_____
_____	_____

MISCELLANEOUS

Anything else

_____	_____
_____	_____
_____	_____



WHOLE30 GROCERY LIST · DAYS 11-15



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

_____	_____
_____	_____
_____	_____

MISCELLANEOUS

Anything else

_____	_____
_____	_____
_____	_____

WHOLE30 GROCERY LIST · DAYS 16-20

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

_____	_____
_____	_____
_____	_____

MISCELLANEOUS

Anything else

_____	_____
_____	_____
_____	_____

WHOLE30 GROCERY LIST · DAYS 21-25

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

_____	_____
_____	_____
_____	_____

MISCELLANEOUS

Anything else

_____	_____
_____	_____
_____	_____

WHOLE30 GROCERY LIST · DAYS 26-30

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

_____	_____
_____	_____
_____	_____

MISCELLANEOUS

Anything else

_____	_____
_____	_____
_____	_____