

WEEK 2: SHOPPING LIST

PROTEINS

- 1 dozen large eggs
- 1½ lb boneless, skinless chicken breasts
- 3 5-oz salmon fillets
- 1 lb medium shrimp, peeled and deveined
- 8 oz lean ground turkey

VEGGIES & FRUITS

- 1 lime
- 2 avocado
- 3 heads broccoli (2 lb)
- 6 oz carrots
- 9 oz parsnips
- 3 stalks celery
- 8 oz green beans
- 5 oz white mushrooms
- 2 yellow onions
- 1 red onion

- 3 green onions
- 1 large head garlic
- 1 small bunch fresh cilantro
- 3 Russet potatoes
- 3 small sweet potatoes
- 4 vine tomatoes
- 1 bunch fresh basil
- 1 3-inch piece fresh ginger
- 8 oz baby spinach
- 1 bunch parsley

NUTS, SEEDS & OILS

- 3 13.5-oz cans full-fat coconut milk
- 2 oz hemp hearts

PANTRY STAPLES

- 1 jar Dijon mustard
(**TIP:** Look for a wine-free mustard)
- 1 bottle ground cardamom
- 1 bottle ground coriander
- 1 bottle ground cumin
- 1 bottle ground nutmeg

A NOTE ABOUT SNACKS

Clean Eating meal plans usually include midmorning and afternoon snacks, but we left them out purposely to be in line with the philosophy of the Whole30, where the mantra is to eat three filling and satisfying meals each day to keep hormones in a healthy rhythm and focus on mindful eating.

There are exceptions to the rule, of course. If you're working out, feel lightheaded or are pregnant or nursing, include snacks as needed. Listen to your body and choose healthy options. Here are some suggestions:

- 1 or 2 hard-boiled eggs with salt and black pepper
- ½ cup diced avocado with hemp hearts, salt, black pepper and red pepper flakes
- 1 Whole30-compliant meat stick
- 1 apple with 3 to 4 tbsp almond butter
- ½ cup guacamole with homemade plantain chips
- ¼ to ½ cup mixed roasted nuts
- 1 or 2 deviled eggs made with a compliant mayonnaise
- 3 or 4 sashimi bites made with nori, avocado, canned salmon and Whole30-compliant hot sauce
- Cucumber slices tossed with apple cider vinegar and toasted sesame seeds