

# Whole30 Shopping list

You may already have some of this at home be sure to check or you might end up with a lot more than you need!

<b>Produce:</b>		<b>Other:</b>	
Yellow onion	5	Eggs	3 dozen
Green onion	1 bunch	Frozen OJ	
Red Onion	2	ground ginger	
Cabbage	1	ground cloves	
Red Bell pepper	3	The New Primal classic marinade	
Green bell pepper	1	Primal Kitchen Mayo	
Orange bell	1	Dijon Mustard	
Yellow bell	1	Primal Palete New Bae(Old Bay)	
Cucumber	1	Frozen hashbrowns(compliant)	
Carrots	1 bag	Avocado oil	
Avocado	1	Minced garlic	
Celery	1 bunch	Olive oil	
Iceberg lettuce	1 head	Primal kitchen Ranch	
Fresh spinach	1 pkg	Chicken broth	
Sweet potatoes	4	Nutpod	
Russet or Red Potatoes	3-4 lbs	Tapioca flour	
Russet potatoes	2 lg	Coconut oil	
Cherry tomatoes	1 pkg	Primal Kitchen chipotle lime mayo	
Pineapple	1	Apple cider vinegar	
Thyme	1 bunch		
Dill	1 bunch		
Parsley	1 bunch		