

Whole30 Mother's Day Brunch Menu

Grocery List

PROTEIN & DAIRY

- 1 large spicy precooked sausage link
(sugar-free for Whole30 and may sub ground sausage of choice – we like Pederson's Farms Sausage)
- 1 lb. ground pork
- 6 eggs

PRODUCE:

- 1 bunch asparagus
- 1-2 leeks
- 6 cloves garlic
- Parsley for garnish
- 8 cups baby arugula
- 1¾-2 lbs. small baby red potatoes
- 1/2 cup fresh or frozen blackberries
- 4 cups fresh cauliflower florets
(1 small head)
- Raw Veggies of choice
(serve with hummus)
- 1 container strawberries
- Fresh fruit of choice
(for mixed fruit bowl)
- 2 Lemons

CANNED AND DRY GOODS:

- 1/2 cup sliced almonds
- 1/4 cup full-fat coconut milk
- 2 Tbsp. tahini
- Sparkling water

OILS, SPICES & CONDIMENTS:

Budget Saving Tip: purchase spices in bulk.

- Coconut oil for frying
- 3 Tbsp. ghee, melted (or butter)
- 3 Tbsp. extra-virgin olive oil
- 2 Tbsp. cooking fat
- 1/4 cup avocado oil
- 1/8 tsp. red pepper flakes
- 2 tsp. dried dill
- 1 tsp. dried parsley or chives
- 1½ tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. dried ground sage
- 1/2 tsp. dried thyme
- 2 tsp. curry powder



Asparagus Frittata with Spicy Sausage and Leeks



Blackberry Sage Breakfast Sausage Patties



Crispy Garlic Ranch Roasted Potatoes



Arugula Strawberry Salad



Curry Cauliflower Hummus



Mocktail