

Weekly Meal Prep: No. 8

Grocery List



Asian-Style Turkey Lettuce Wraps



Slow Cooker Greek Chicken



Mushroom Medley Frittata



Cauliflower Sweet Potato Salad with Bacon



Chili Rosemary Roasted Nuts

PROTEIN & DAIRY

- 2 lbs. ground dark meat turkey
- 2 lbs. chicken, breasts or thighs (or a mix of both)
- 10 large eggs
- 2 slices Whole30-compliant uncured bacon, cooked and chopped (such as Pederson's Natural Farms)

PRODUCE:

- 6 small red potatoes
- 1 medium sweet potato (~2 cups cubed)
- 4 medium cucumbers (for cucumber 'noodles')
- 2 red bell peppers
- 1 small cauliflower (or ½ medium)
- 2 cups mixed fresh mushrooms, sliced (shiitake, white button, portabella, crimini, etc.)
- 2 cups fresh spinach
- 1 medium red onion
- 1 small sweet onion
- 4 stalks celery
- 10 cloves garlic
- 2-inch piece of fresh ginger
- 1 lemon
- 1 lime
- Bibb or butter leaf lettuce, shredded carrot and sliced green onions (as desired for Lettuce Wraps)
- Fresh chopped parsley (optional)
- Fresh rosemary (about 1 Tbsp. chopped)
- 1-2 tsp. fresh herbs of choice or ½-1 tsp. dried (rosemary, sage, dill, thyme, oregano, basil, etc.)

CANNED AND DRY GOODS:

- 3 Tbsp. tomato paste
- 1 Tbsp. arrowroot starch (optional, to thicken sauce)
- Cashew pieces (optional for Lettuce Wraps)
- 1/2 cup sliced black olives
- 1/4 cup chopped sun-dried tomatoes
- 4 Tbsp. tahini
- 3/4 cup Whole30-compliant chicken broth (or homemade)
- 2 cups dry-roasted cashews
- 2 cups raw almonds

OILS, SPICES & CONDIMENTS:

Budget Saving Tip: purchase spices in bulk.

- 1/4 cup coconut aminos
- 2 Tbsp. toasted sesame oil
- 1½ Tbsp. avocado oil (such as Primal Kitchen)
- 1 Tbsp. coconut oil
- 1 Tbsp. olive oil
- 1/4 cup Whole30-compliant mayonnaise (such as Primal Kitchen)
- 1/2 Tbsp. Whole30-compliant Dijon mustard (may substitute yellow mustard)
- 2 Tbsp. rice vinegar
- 1 tsp. apple cider vinegar
- 1/4 tsp. red pepper flakes
- 1 Tbsp. dried dill
- 1 Tbsp. dried oregano
- 1½ tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/2 tsp. curry powder
- 1/8 tsp. paprika