

# WHOLE30

Shopping List October 26th



CATE & CO  
Kitchen

PRODUCE	MEAT & REFRIGERATED	PANTRY
<ul style="list-style-type: none"><li>• Broccoli (1 Bunch)</li><li>• Cauliflower (1 Bunch)</li><li>• Red Potatoes (3 C)</li><li>• Potato Medley (2 C)</li><li>• Red Bell Pepper x 2</li><li>• Garlic x 2</li><li>• Kale (3 C)</li><li>• Lemon x 1</li><li>• Limes x 3</li><li>• Red Onion x 1</li><li>• Yellow Onion x 2</li><li>• Sweet Onion</li><li>• Carrots (2 Large)</li><li>• Coleslaw Mix 14oz</li><li>• Celery</li><li>• Apple</li><li>• Green Onions</li><li>• Dates</li><li>• Cauliflower Rice 14oz</li><li>• Fresh Squeezed Orange Juice</li></ul>	<ul style="list-style-type: none"><li>• Bone-less, Skinless Chicken Breast (4 lb)</li><li>• Bone In Skin On Chicken Thighs (6-8)</li><li>• Ground Chicken (1lb)</li><li>• Compliant Bacon (1lb)</li><li>• Pork Butt or Shoulder (4-5 lb)</li><li>• Compliant Chorizo 11oz</li><li>• Eggs (1 doz)</li></ul>	<ul style="list-style-type: none"><li>• Canned Coconut Milk</li><li>• Coconut Aminos</li><li>• Apple Cider Vinegar</li><li>• Almond Flour</li><li>• Coconut Flour</li><li>• Chicken Bone Broth x2</li><li>• Nutritional Yeast</li><li>• Kalmata Olives</li><li>• Compliant Marinara Sauce</li><li>• Compliant Mayonnaise</li><li>• Rice Vinegar</li></ul>

## Pantry staples

Check your pantry staples and spices! You might already have many of them!

Avocado Oil, Olive Oil, Sesame Oil, Garlic Powder, Italian Seasoning, Oregano, Chili Powder, Dill, Paprika, Cayenne, Cumin, Salt & Pepper

