

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Paleo Dutch Babies (double)	Orange Peach Raspberry Smoothies					Pesto Frittata w/ Everything Pesto
Lunch	<i>Out!</i>	Stuffed Squash with Sausage	Bacon & Sweet Potato Chili	Instant Pot Fesenjan + Rice or Cauli Rice	Stuffed Squash with Sausage	Bacon & Sweet Potato Chili	Curry Butter Shrimp + Rice or Cauli Rice
Dinner	Bacon & Sweet Potato Chili	Instant Pot Fesenjan + Rice or Cauli Rice	Shrimp & Asparagus w/ Green Goddess	Stuffed Squash with Sausage	Instant Pot Fesenjan + Rice or Cauli Rice	Stuffed Squash with Sausage	<i>Out!</i>
Snack	Rx bar or apple slices w/almond butter + cinnamon						

Grocery list:

Produce	Meat, Seafood, Dairy, Eggs	Spices & Seasonings	Pantry & Other
<input type="checkbox"/> Yellow onion (2) <input type="checkbox"/> Sweet potatoes (2 lb) <input type="checkbox"/> Kale (1 bunch) <input type="checkbox"/> Avocados (3-5) <input type="checkbox"/> Cilantro (1 bunch) <input type="checkbox"/> Cauliflower (for Whole30) <input type="checkbox"/> Pomegranate (1) <input type="checkbox"/> Oranges (10) <input type="checkbox"/> Apples (3-8) <input type="checkbox"/> Ginger (two 5-inch pieces) <input type="checkbox"/> Delicata or acorn squash (4) <input type="checkbox"/> Shiitake mushrooms (1/2 lb) <input type="checkbox"/> Parsley or basil (1 bunch) <input type="checkbox"/> Asparagus (1 bunch) <input type="checkbox"/> Scallions (1 bunch) <input type="checkbox"/> Garlic (2 cloves) <input type="checkbox"/> Lemons (2) <input type="checkbox"/> Yukon Gold potatoes (1 lb) <input type="checkbox"/> Carrots, celery, and/or peppers for crudites	<input type="checkbox"/> Eggs (1 dozen) <input type="checkbox"/> Bacon <input type="checkbox"/> Ground beef (1 pound) <input type="checkbox"/> Ground pork (1 pound) <input type="checkbox"/> Boneless, skinless chicken thighs (2 pounds) <input type="checkbox"/> 1 pound bulk Italian sausage <input type="checkbox"/> Sour cream (optional, or sub cashews for cashew cream) <input type="checkbox"/> Parmigiano reggiano (optional) <input type="checkbox"/> Shrimp (2 lb)	<input type="checkbox"/> Chili powder <input type="checkbox"/> Ground cumin <input type="checkbox"/> Sea salt <input type="checkbox"/> Black pepper <input type="checkbox"/> Turmeric <input type="checkbox"/> Garlic powder <input type="checkbox"/> Dried oregano <input type="checkbox"/> Ground cinnamon <input type="checkbox"/> Ground cardamom <input type="checkbox"/> Cayenne <input type="checkbox"/> Bittersweet smoked paprika <input type="checkbox"/> Vanilla extract <input type="checkbox"/> Nutritional yeast (optional) <input type="checkbox"/> Honey <input type="checkbox"/> Maple syrup <input type="checkbox"/> Sherry vinegar (optional) <input type="checkbox"/> Red curry paste <input type="checkbox"/> Fish sauce (optional)	<input type="checkbox"/> Rice (if not Whole30) <input type="checkbox"/> Chicken bone broth <input type="checkbox"/> Pomegranate molasses (or juice) <input type="checkbox"/> Walnuts (6 ounces) <input type="checkbox"/> Frozen peaches <input type="checkbox"/> Frozen raspberries <input type="checkbox"/> Almond butter <input type="checkbox"/> Tahini <input type="checkbox"/> Collagen <input type="checkbox"/> Cashews (for Whole30) <input type="checkbox"/> Paleo mayo (such as Primal Kitchen) <input type="checkbox"/> Extra virgin olive oil <input type="checkbox"/> Almond flour <input type="checkbox"/> Tapioca flour <input type="checkbox"/> Baking soda <input type="checkbox"/> Ghee or butter <input type="checkbox"/> Rx bars

