

Whole 30 Grocery Shopping List

an * by an item indicates that I don't need to buy it every week

Aldi

Snacks:

- | | |
|--|------|
| <input type="checkbox"/> Freeze Dried Apples | 2.99 |
| <input type="checkbox"/> Raisins | 2.79 |
| <input type="checkbox"/> Nuts | 4.99 |

Fruit:

- | | |
|-------------------------------------|------|
| <input type="checkbox"/> Pears | 3.99 |
| <input type="checkbox"/> Grapes | 1.99 |
| <input type="checkbox"/> Tangerines | 3.99 |
| <input type="checkbox"/> Cantaloupe | .99 |
| <input type="checkbox"/> Bananas | 3.00 |

Vegetables:

- | | |
|---|------|
| <input type="checkbox"/> Cauliflower | 1.99 |
| <input type="checkbox"/> Peppers | 2.99 |
| <input type="checkbox"/> Spinach | 1.49 |
| <input type="checkbox"/> Carrots | 1.00 |
| <input type="checkbox"/> Zucchini | 1.99 |
| <input type="checkbox"/> Bussel Sprouts | 1.99 |

Potatoes:

- | | |
|--|------|
| <input type="checkbox"/> Small Yellow Potatoes | 1.99 |
| <input type="checkbox"/> Sweet Potatoes | 1.99 |
| <input type="checkbox"/> Petite Potatoes | 3.00 |

Condiments:

- | | |
|-------------------------------------|------|
| <input type="checkbox"/> Marinara * | 1.99 |
| <input type="checkbox"/> Salsa * | 2.19 |
| <input type="checkbox"/> Guacamole | 2.49 |

<input type="checkbox"/> Individual Guacamole	2.99
<input type="checkbox"/> Mustard *	.49
Meat:	
<input type="checkbox"/> Chicken	4.29
<input type="checkbox"/> Frozen Turkey Burgers *	5.99
<input type="checkbox"/> Frozen Salmon *	3.69
Eggs:	
<input type="checkbox"/> 2 Dozen Eggs	6.98
Healthy Fats	
<input type="checkbox"/> Coconut *	4.49
<input type="checkbox"/> Olive Oil *	3.99
Frozen	
<input type="checkbox"/> Blueberries	2.29
<input type="checkbox"/> Strawberries	2.09
<input type="checkbox"/> Mixed Vegetables	.99
Drinks:	
<input type="checkbox"/> "LaCroix"	1.69
<input type="checkbox"/> Coffee	4.79
<u>Target</u>	
Nut Butter	
<input type="checkbox"/> Simply Balanced Almond Butter	7.99
<input type="checkbox"/> Simply Balanced Cashew Butter	6.99
Bars	
<input type="checkbox"/> Larabar	reg. 4.99, 2.99 after coupons
Lunchmeat	
<input type="checkbox"/> Applegate Turkey	4.99
<input type="checkbox"/> Applegate Roast Beef	4.99
Total =	122.54

I didn't include sales tax and prices may vary depending on your local store. This just serves a good ballpark of what kind of budget you can expect to have on Whole 30.