

DAY 26



WHOLE 30 BANGERS & MASH

DAY 27



WHOLE 30 OIL FREE PUMPKIN FRENCH FRIES

DAY 28



WHOLE 30 OIL FREE STICKY PUMPKIN WEDGES

DAY 29



WHOLE 30 CROCKPOT PULLED PORK & SPUDS

DAY 30



WHOLE 30 AIRFRYER AVOCADO EGG BOAT

# WHOLE 30 MEAL PLAN

## DAY 26-30

### SHOPPING LIST

#### FROM THE PANTRY

- Coconut Oil
- Olive Oil
- Balsamic Vinegar
- 2 Cans Coconut Milk
- Coconut Butter
- Red Thai Curry Paste
- 18 Eggs
- Coriander
- Mustard
- Thyme
- Paprika
- Turmeric
- Pork Seasoning
- Cayenne Pepper
- Oregano
- Garlic
- Salt & Pepper

#### FRUIT & VEGETABLES

- 1 Bag White Potatoes
- 1 Bag Sweet Potatoes
- 1 Bag Onions
- 1 Bag Carrots
- 4 Medium Courgettes
- 1 Large Cauliflower
- 1 Medium Pumpkin
- 1 Mixed Salad Bag
- 1 Red Pepper
- 1 Bag Tomatoes
- 6 Avocados
- 1 Bag Apples
- 1 Bag Oranges
- 1 Bunch Bananas
- 1 Medium Watermelon
- 2 Limes
- Fresh Ginger
- Fresh Parsley
- Fresh Chives
- Fresh Thyme

#### MEAT & FISH

- 2 Medium Sirloin Steaks
- 300g Minced Beef
- 1 Pack Turkey Sausages
- 2 Whole Chickens
- Large Pork Shoulder