

DAY 16



WHOLE 30 GARLIC BUTTER PORK CHOPS IN THE AIRFRYER

DAY 17



WHOLE 30 CROCKPOT PORK CARNITAS

DAY 18



WHOLE 30 AIRFRYER STEAK & WEDGES

DAY 19



QUICK BLEND WHOLE 30 MASON JAR SAUCES

DAY 20



WHOLE 30 BACON & EGGS IN THE AIRFRYER

WHOLE 30 MEAL PLAN

DAY 16-20

SHOPPING LIST

FROM THE PANTRY

- Coconut Oil
- Coconut Butter
- Coconut Chee
- Olive Oil
- 2 Cans Coconut Milk
- Garlic
- 18 Eggs
- Red Thai Curry Paste
- Cumin
- Coriander
- Mixed Herbs
- Cayenne Pepper
- Mexican Seasoning
- Pork Seasoning
- Mustard
- Parsley
- Salt & Pepper

FRUIT & VEGETABLES

- 1 Bag White Potatoes
- 1 Bag Sweet Potatoes
- 1 Bag Onions
- 1 Bag Carrots
- 1 Mixed Salad Bag
- 4 Medium Courgettes
- 1 Medium Cabbage
- 1 Large Leek
- 1 Large Pumpkin
- 100g Mushrooms
- 1 Green Pepper
- 1 Bag Tomatoes
- 3 Avocados
- Fresh Ginger
- 1 Bag Apples
- 1 Bag Oranges
- 1 Bunch Bananas
- 2 Limes
- 2 Lemons

MEAT & FISH

- 1 Pork Shoulder
- 2 Beef Frying Steaks
- 2 Fillet Steaks
- 4 Pork Chops
- 2 Chicken Breasts
- 400g Minced Beef
- Pack Pork Ribs
- 8 Back Bacon Rashers
- 1 Pack Sausages