

# Whole30 Shopping List

## PROTEIN

**Best choice:** Look for terms like 100% grass-fed, pastured, wild-caught and organic on the label.

**Avoid:** Processed meats (premade sausage, burgers, bacon, deli meat, etc.) with added sugar, carrageenan, MSG or sulfites.

- Beef (ground)
- Beef (steak)
- Beef (other)
- Chicken (ground)
- Chicken (breast/thigh)
- Chicken (sausage)
- Chicken (whole)
- Deli meat
- Eggs
- Pork (ground)
- Pork (chops)
- Pork (sausage)
- Pork (bacon)
- Salmon
- Scallops
- Shrimp
- Seafood (other)
- Turkey (ground)
- Turkey (whole)
- Turkey (other)
- Whitefish

## HERBS & SPICES

Read your labels! Make sure all ingredients in your spice mixtures, pantry goods and beverages are Whole30 compliant.

- Allspice
- Ancho chile powder
- Basil (fresh/dried)
- Bay leaves (ground)
- Black pepper
- Black peppercorns
- Cayenne
- Chili powder blend
- Chipotle chile powder
- Chives
- Cilantro (fresh/dried)
- Cinnamon
- Cloves
- Cumin
- Curry powder (red/yellow)
- Dill (fresh/dried)
- Garlic powder
- Ginger (fresh/dried)
- Ground cloves
- Lemongrass
- Mustard powder
- Nutmeg
- Onion powder
- Oregano (fresh/dried)
- Paprika
- Parsley (fresh/dried)
- Red pepper flakes
- Rosemary (fresh/dried)
- Sage (fresh/dried)
- Salt (iodized/sea salt)
- Thyme (fresh/dried)
- Wasabi powder

## PANTRY

- Almond flour
- Apple cider vinegar
- Arrowroot powder
- Balsamic vinegar
- Beef broth
- Canned butternut squash
- Canned pumpkin
- Canned sweet potato
- Canned salmon
- Canned tuna
- Capers
- Chicken broth
- Cocoa (100% cacao)
- Coconut aminos
- Coconut flour
- Dried cranberries
- Dried fruit
- Fish sauce
- Hot sauce
- Mustard (all)
- Pickles (all)
- Raisins
- Red wine vinegar
- Rice vinegar
- Roasted red peppers
- Sardines
- Tapioca starch
- Tomato paste
- Tomatoes (diced/crushed)
- Tomatoes (sun-dried)
- Vegetable broth
- White vinegar

The best way to approach the Whole30 is to focus on the foods you *can* eat rather than the foods you *can't*. Take this list to the grocery store to help guide you through the aisles toward Whole30-compliant foods.

**VEGETABLES**

This is a comprehensive but not exhaustive list. All vegetables except corn, peas and lima beans are allowed on the Whole30.

- |   |   |
|---|---|
| <input type="checkbox"/> Acorn squash                   | <input type="checkbox"/> Jalapeño/hot peppers (all) |
| <input type="checkbox"/> Artichoke                      | <input type="checkbox"/> Jicama                     |
| <input type="checkbox"/> Arugula                        | <input type="checkbox"/> Kale                       |
| <input type="checkbox"/> Asparagus                      | <input type="checkbox"/> Leeks                      |
| <input type="checkbox"/> Beets                          | <input type="checkbox"/> Lettuce (all)              |
| <input type="checkbox"/> Bell peppers                   | <input type="checkbox"/> Mushrooms (all)            |
| <input type="checkbox"/> Bok choy                       | <input type="checkbox"/> Okra                       |
| <input type="checkbox"/> Broccoli/broccolini            | <input type="checkbox"/> Onion                      |
| <input type="checkbox"/> Broccoli rabe                  | <input type="checkbox"/> Parsnips                   |
| <input type="checkbox"/> Brussels sprouts               | <input type="checkbox"/> Potatoes (all)             |
| <input type="checkbox"/> Buttercup squash               | <input type="checkbox"/> Pumpkin                    |
| <input type="checkbox"/> Butternut squash               | <input type="checkbox"/> Radish                     |
| <input type="checkbox"/> Cabbage                        | <input type="checkbox"/> Rutabaga                   |
| <input type="checkbox"/> Carrots                        | <input type="checkbox"/> Rhubarb                    |
| <input type="checkbox"/> Cauliflower                    | <input type="checkbox"/> Romaine                    |
| <input type="checkbox"/> Celery                         | <input type="checkbox"/> Shallots                   |
| <input type="checkbox"/> Collard greens                 | <input type="checkbox"/> Snow peas                  |
| <input type="checkbox"/> Cucumber                       | <input type="checkbox"/> Sugar snap peas            |
| <input type="checkbox"/> Delicata squash                | <input type="checkbox"/> Spaghetti squash           |
| <input type="checkbox"/> Eggplant                       | <input type="checkbox"/> Spinach                    |
| <input type="checkbox"/> Endive                         | <input type="checkbox"/> Sprouts                    |
| <input type="checkbox"/> Fennel (anise)                 | <input type="checkbox"/> Summer squash              |
| <input type="checkbox"/> Frisée (curly endive)          | <input type="checkbox"/> Sweet potato/yams          |
| <input type="checkbox"/> Garlic                         | <input type="checkbox"/> Swiss chard                |
| <input type="checkbox"/> Green beans                    | <input type="checkbox"/> Tomato                     |
| <input type="checkbox"/> Greens (beet, mustard, turnip) | <input type="checkbox"/> Turnip                     |
|   | <input type="checkbox"/> Zucchini                   |

**FRUITS**

This is a comprehensive but not exhaustive list. All fruit is allowed on the Whole30.

- Apples (all)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes (all)
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarines
- Oranges (all)
- Papaya
- Peaches
- Pears (all)
- Pineapple
- Plantains
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon

**FATS****COOKING FATS**

- Clarified butter
- Coconut oil
- Duck fat
- Extra-virgin olive oil
- Ghee
- Lard (pork fat)
- Palm oil
- Tallow (beef fat)

**EATING/DRESSING**

- Avocado
- Avocado oil
- Coconut butter
- Coconut (flakes, shredded)
- Coconut milk (canned)
- Extra-virgin olive oil
- Olives (all)
- Sesame oil

**NUTS & SEEDS**

- Almonds
- Almond butter
- Brazil nuts
- Cashews
- Flaxseeds
- Hazelnuts/filberts
- Macadamia nuts
- Pecans
- Pistachio
- Pine nuts
- Pumpkin seeds/pepitas
- Sesame seeds
- Sunflower seeds
- Sunflower seed butter
- Walnuts

**DRINKS**

- Cacao (100%) drinks
- Club soda
- Coconut water
- Coffee
- Pure fruit juice
- Kombucha
- Mineral water
- Naturally flavored water
- Seltzer water
- Sparkling water
- Tea (all)
- Vegetable juice