

WHOLE30 SHOPPING LIST

Protein

Best choice: Look for words 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.

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

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

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

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

WHOLE30 SHOPPING LIST

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)
 - Jicama
 - Kiwi
 - Lemon
 - Lime
 - Mango
 - Melon
 - Nectarines
 - Oranges (all)
 - Papaya
 - Peaches
 - Pears (all)
 - Pineapple
 - Plantains
 - Plum
 - Pomegranate
 - Raspberries
 - Strawberries
 - Tangerines
 - Watermelon
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Fats

COOKING FATS

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

EATING/DRESSING

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

NUTS & SEEDS

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

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Herbs & Spices

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

- Allspice
 - Basil (fresh/dried)
 - Bay leaves (ground)
 - Black pepper
 - Black peppercorns
 - Cayenne
 - Chile powder
 - Chipotle 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
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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.