### RESOURCES: PLANT-BASED WHOLE30

#### SHOPPING LIST

**LEGUMES**
- Adzuki beans
- Black beans (turtle beans)
- Black eyed beans (black eyed peas)
- Chickpeas (garbanzo beans)
- Cranberry beans
- Fava beans (broad beans)
- Great northern beans
- Kidney beans
- Lima beans (butter beans)
- Lupini beans
- Mung beans
- Navy beans (haricot beans)
- Peas (English or garden peas)
- Pinto beans
- Snow peas
- Split peas
- Sugar snap peas
- White kidney beans

**LENTILS**
- Bengal gram (Chana Dal)
- Black (Beluga)
- Black gram (Urad Dal)
- Brown
- Green
- Le Puy (French green)
- Red (Masoor Dal)
- Split pigeon peas (Toor Dal)

**SOY**
- Edamame
- Tempeh
- Tofu
- Soy nuts
- Miso

**OTHER PLANT-BASED PROTEINS**
- Abbot's Butcher Ground “Beef”
- Abbot’s Butcher “Chorizo”
- Big Mountain Foods Lion’s Mane Mushroom Crumble
- Big Mountain Foods CauliCrumble Veggie Grounds
- Nutiva Organic Hemp Seed Protein
- Sprout Living Simple Protein (Flax, Pea, Pumpkin, Sunflower, Watermelon)
- Hemp protein powder
- Pea protein powder
- Pumpkin seed protein powder
- Sunflower seed protein powder
- Watermelon seed protein powder

### VEGETABLES

This is a comprehensive but not exhaustive list. All vegetables but corn are Plant-Based Whole30 compatible.

- Acorn squash
- Artichoke
- Arugula
- Asparagus
- Beets
- Bell peppers
- Bok choy
- Broccoli rabe
- Broccoli/broccolini
- Brussels sprouts
- Butternut squash
- Cabbage
- Calabaza
- Callaloo
- Carrots
- Cassava
- Cauliflower
- Celery
- Chard
- Chayote
- Cucumber
- Delicata squash
- Eggplant
- Endive
- Fennel (anise)
- Frisée (curly endive)
- Garlic
- Green beans
- Greens (beet, collard, dandelion, mustard, turnip, etc.)
- Hearts of palm
- Jalapeño/hot peppers (all)
- Jicama
- Kale
- Leeks
- Lettuce (all)
- Mushrooms (all)
- Nopal
- Nori
- Okra
- Onion
- Parsnips
- Peas (green, yellow, split)
- Potatoes
- Pumpkin
- Radish
- Rhubarb
- Romaine
- Rutabaga
- Sassafras
- Shallots
- Snow/sugar snap peas
- Spaghetti squash
- Spinach
- Sprouts
- Summer squash
- Sweet potato/yams
- Swiss chard
- Tomato
- Turnip
- Zucchini

### FRUIT

This is a comprehensive but not exhaustive list. All fruit is Plant-Based Whole30 compatible.

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

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### FATS
- Avocado oil
- Coconut cream
- Coconut milk
- Coconut oil
- Extra-virgin olive oil
- Nutiva plant-based ghee
- Palm oil
- Avocado
- Coconut butter
- Coconut (flakes, shredded)
- Coconut milk (canned)
- Light olive oil
- Olives
- Sesame oil
- Hemp seeds*
- Hemp seed butter*
- Macadamia nuts
- Macadamia butter
- Peanuts*
- Peanut butter*
- Pecans
- Pecan butter
- Pili nuts
- Pine nuts
- Pistachios*
- Pumpkin seeds/pepitas*
- Sesame seeds*
- Sesame seed butter*
- Sunflower seeds*
- Sunflower seed butter*
- Walnuts

*These nuts and seeds offer the best sources of protein.

### HERBS & SPICES
- Allspice
- Basil
- Bay leaves
- Black pepper
- Black peppercorns
- Cayenne
- Chili powder
- Chipotle powder
- Chives
- Cilantro
- Cinnamon
- Cloves (ground)
- Coriander
- Cumin
- Curry powder (red/yellow)
- Dill
- Garlic powder
- Ginger
- Ground cloves
- Lemongrass
- Mustard powder
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Parsley
- Red pepper flakes
- Rosemary
- Sage
- Salt (iodized/sea salt)
- Tajin
- Tarragon
- Thyme
- Turmeric
- Vanilla extract
- Wasabi powder

### PANTRY
- Almond flour
- Apple cider vinegar
- Arrowroot powder
- Balsamic vinegar
- Beet kvass
- Black garlic
- Black salt (kala namak)
- Canned butternut squash
- Canned olives
- Canned pumpkin
- Canned sweet potato
- Capers
- Cocoa (100% cacao)
- Coconut aminos
- Coconut flour
- Dried cranberries
- Dried fruit
- Hot sauce
- Kimchi
- Mustard
- Nutritional yeast
- Orange blossom water
- Pickles
- Preserved lemons
- Raisins
- Sauerkraut
- Seaweed/nori
- Red wine vinegar
- Rice vinegar
- Roasted red peppers
- Tapioca starch
- Tomato paste
- Tomatoes (diced/crushed)
- Tomatoes (sun-dried)
- Vegetable broth
- White vinegar

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

### PLANT-BASED DAIRY & FRIDGE
- Unsweetened milk (soy, coconut, nut)
- Unsweetened yogurt (soy, coconut, nut)
- Compatible hummus
- Compatible dairy-free cheese (cream cheese, sour cream, ricotta)
- Compatible dips (cashew queso, black bean)
- Compatible condiments (vegan ranch, vegan mayo)