

LEGUMES

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|---|--|---|-----------------------------------|
| <input type="checkbox"/> Adzuki beans | <input type="checkbox"/> Lupini beans | LENTILS | SOY |
| <input type="checkbox"/> Black beans (turtle beans) | <input type="checkbox"/> Mung beans | <input type="checkbox"/> Bengal gram (<i>Chana Dal</i>) | <input type="checkbox"/> Edamame |
| <input type="checkbox"/> Black eyed beans (black eyed peas) | <input type="checkbox"/> Navy beans (haricot beans) | <input type="checkbox"/> Black (<i>Beluga</i>) | <input type="checkbox"/> Tempeh |
| <input type="checkbox"/> Chickpeas (garbanzo beans) | <input type="checkbox"/> Peas (English or garden peas) | <input type="checkbox"/> Black gram (<i>Urad Dal</i>) | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Cranberry beans | <input type="checkbox"/> Pinto beans | <input type="checkbox"/> Brown | <input type="checkbox"/> Soy nuts |
| <input type="checkbox"/> Fava beans (broad beans) | <input type="checkbox"/> Snow peas | <input type="checkbox"/> Green | <input type="checkbox"/> Miso |
| <input type="checkbox"/> Great northern beans | <input type="checkbox"/> Split peas | <input type="checkbox"/> Le Puy (<i>French green</i>) | |
| <input type="checkbox"/> Kidney beans | <input type="checkbox"/> Sugar snap peas | <input type="checkbox"/> Red (<i>Masoor Dal</i>) | |
| <input type="checkbox"/> Lima beans (butter beans) | <input type="checkbox"/> White kidney beans | <input type="checkbox"/> Split pigeon peas (<i>Toor Daal</i>) | |

OTHER PLANT-BASED PROTEINS

- ✓ *Best choice: look for words like “non-GMO” or “organic” on the label. Avoid protein powders with non-compatible ingredients like sweeteners (stevia, monk fruit, cane sugar, sucralose) or grains (like rice)*
- | | | |
|--|--|---|
| <input type="checkbox"/> Abbot’s Butcher Ground “Beef” | <input type="checkbox"/> Nutiva Organic Hemp Seed Protein | <input type="checkbox"/> Hemp protein powder |
| <input type="checkbox"/> Abbot’s Butcher “Chorizo” | | <input type="checkbox"/> Pea protein powder |
| <input type="checkbox"/> Big Mountain Foods Lion’s Mane Mushroom Crumble | <input type="checkbox"/> Sprout Living Simple Protein (<i>Flax, Pea, Pumpkin, Sunflower, Watermelon</i>) | <input type="checkbox"/> Pumpkin seed protein powder |
| <input type="checkbox"/> Big Mountain Foods CauliCrumble Veggie Grounds | | <input type="checkbox"/> Sunflower seed protein powder |
| | | <input type="checkbox"/> Watermelon seed protein powder |

VEGETABLES

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

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

FRUIT

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

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|--|--|---|--|
| <input type="checkbox"/> Apples (<i>all</i>) | <input type="checkbox"/> Figs | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Oranges (<i>all</i>) | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Grapes (<i>all</i>) | <input type="checkbox"/> Papaya | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pawpaw | <input type="checkbox"/> Salmonberries |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Peaches | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pears (<i>all</i>) | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Mango | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Xoconostle |
| <input type="checkbox"/> Elderberries | <input type="checkbox"/> Melon | <input type="checkbox"/> Plantains | |

FATS

COOKING FAT

- Avocado oil
- Coconut cream
- Coconut milk
- Coconut oil
- Extra-virgin olive oil
- Nutiva plant-based ghee
- Palm oil

EATING/DRESSING

- Avocado
- Coconut butter
- Coconut (*flakes, shredded*)
- Coconut milk (*canned*)
- Light olive oil
- Olives
- Sesame oil

NUTS & SEEDS

- | | | |
|---|--|--|
| <input type="checkbox"/> Acorns | <input type="checkbox"/> Hemp seeds* | <input type="checkbox"/> Pine nuts |
| <input type="checkbox"/> Almonds* | <input type="checkbox"/> Hemp seed butter* | <input type="checkbox"/> Pistachios* |
| <input type="checkbox"/> Almond butter* | <input type="checkbox"/> Macadamia nuts | <input type="checkbox"/> Pumpkin seeds/pepitas* |
| <input type="checkbox"/> Brazil nuts | <input type="checkbox"/> Macadamia butter | <input type="checkbox"/> Sesame seeds* |
| <input type="checkbox"/> Cashews* | <input type="checkbox"/> Peanuts* | <input type="checkbox"/> Sesame seed butter* (<i>tahini</i>) |
| <input type="checkbox"/> Cashew butter* | <input type="checkbox"/> Peanut butter* | <input type="checkbox"/> Sunflower seeds* |
| <input type="checkbox"/> Chia seeds* | <input type="checkbox"/> Pecans | <input type="checkbox"/> Sunflower seed butter* |
| <input type="checkbox"/> Flaxseeds* | <input type="checkbox"/> Pecan butter | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Hazelnuts/filberts | <input type="checkbox"/> Pili nuts | |

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

HERBS & SPICES

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|--|---|--|---|
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Ground cloves | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Bay leaves | <input type="checkbox"/> Cloves (<i>ground</i>) | <input type="checkbox"/> Mustard powder | <input type="checkbox"/> Salt (<i>iodized/sea salt</i>) |
| <input type="checkbox"/> Black pepper | <input type="checkbox"/> Coriander | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Tajín |
| <input type="checkbox"/> Black peppercorns | <input type="checkbox"/> Cumin | <input type="checkbox"/> Onion powder | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Curry powder (<i>red/yellow</i>) | <input type="checkbox"/> Oregano | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Dill | <input type="checkbox"/> Paprika | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Chipotle powder | <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Parsley | <input type="checkbox"/> Vanilla extract |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Ginger | <input type="checkbox"/> Red pepper flakes | <input type="checkbox"/> Wasabi powder |

PANTRY

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

DRINKS

- | | |
|---|---|
| <input type="checkbox"/> Apple cider | <input type="checkbox"/> Mineral water |
| <input type="checkbox"/> Cacao (<i>100%</i>) drinks | <input type="checkbox"/> Naturally flavored water |
| <input type="checkbox"/> Club soda | <input type="checkbox"/> Seltzer water |
| <input type="checkbox"/> Coconut water | <input type="checkbox"/> Sparkling water |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea |
| <input type="checkbox"/> Fruit juice | <input type="checkbox"/> Vegetable juice |
| <input type="checkbox"/> Kombucha | |

PLANT-BASED DAIRY & FRIDGE

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|--|--|
| <input type="checkbox"/> Unsweetened milk (<i>soy, coconut, nut</i>) | <input type="checkbox"/> Compatible dairy-free cheese (<i>cream cheese, sour cream, ricotta</i>) |
| <input type="checkbox"/> Unsweetened yogurt (<i>soy, coconut, nut</i>) | <input type="checkbox"/> Compatible dips (<i>cashew queso, black bean</i>) |
| <input type="checkbox"/> Compatible hummus | <input type="checkbox"/> Compatible condiments (<i>vegan ranch, vegan mayo</i>) |