**Protein**

- 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

**Vegetables**

- 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

**Fruit**

- 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
- ___________
<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COOKING FATS</strong></td>
<td>Clarified Butter, Duck Fat, Ghee, Coconut Oil, Extra-Virgin Olive Oil, Lard (Pork Fat), Palm Oil, Tallow (Beef Fat)</td>
</tr>
<tr>
<td><strong>EATING/DRESSING</strong></td>
<td>Avocado, Avocado Oil, Coconut Butter, Coconut (Flakes, Shredded), Coconut Milk (Canned), Light Olive Oil, Olives (all), Sesame Oil</td>
</tr>
<tr>
<td><strong>NUTS AND SEEDS</strong></td>
<td>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</td>
</tr>
<tr>
<td><strong>Herbs &amp; Spices</strong></td>
<td>Allspice, Basil (Fresh/Dried), Bay Leaves, Black Pepper, Black Peppercorns, Cayenne, Chili Powder, Chipotle Powder, Chives, Cilantro (Fresh/Dried), Cinnamon, Cloves (Ground), 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</td>
</tr>
<tr>
<td><strong>Pantry</strong></td>
<td>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</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td>Apple Cider, Cacao (100%) Drinks, Club Soda, Coconut Water, Coffee, Fruit Juice (all), Kombucha, Mineral Water, Naturally Flavored Water, Seltzer Water, Sparkling Water, Tea (all), Vegetables Juice (no tomato)</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>□ _____________</td>
</tr>
</tbody>
</table>

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