

## PROTEIN

- ✓ **Best choice:** look for Whole30 Approved® or words like 100% grass-fed, pastured, wild-caught, and organic on the label.  
 X **Avoid:** processed meats (like sausage, burgers, bacon, deli meat, etc.) with added sugar, carrageenan, MSG, or sulfites.

- |  |  |   |  |
|--|--|---|--|
| <input type="checkbox"/> Anchovies                       | <input type="checkbox"/> Deli Meat       | <input type="checkbox"/> Oysters                  | <input type="checkbox"/> Snapper                                 |
| <input type="checkbox"/> Beef ( <i>ground</i> )          | <input type="checkbox"/> Duck            | <input type="checkbox"/> Pork ( <i>bacon</i> )    | <input type="checkbox"/> Squid                                   |
| <input type="checkbox"/> Beef ( <i>other</i> )           | <input type="checkbox"/> Eggs            | <input type="checkbox"/> Pork ( <i>chops</i> )    | <input type="checkbox"/> Trout                                   |
| <input type="checkbox"/> Beef ( <i>steak</i> )           | <input type="checkbox"/> Flounder        | <input type="checkbox"/> Pork ( <i>ground</i> )   | <input type="checkbox"/> Turkey ( <i>ground</i> )                |
| <input type="checkbox"/> Bison                           | <input type="checkbox"/> Lamb            | <input type="checkbox"/> Pork ( <i>sausage</i> )  | <input type="checkbox"/> Turkey ( <i>other</i> )                 |
| <input type="checkbox"/> Carne seca ( <i>jerky</i> )     | <input type="checkbox"/> Liver and other | <input type="checkbox"/> Roe                      | <input type="checkbox"/> Turkey ( <i>whole</i> )                 |
| <input type="checkbox"/> Chicken ( <i>breast/thigh</i> ) | organ meats ( <i>beef,</i>               | <input type="checkbox"/> Sablefish                | <input type="checkbox"/> Venison ( <i>and other game meats</i> ) |
| <input type="checkbox"/> Chicken ( <i>ground</i> )       | <i>pork, turkey, etc.</i> )              | <input type="checkbox"/> Salmon                   | <input type="checkbox"/> Whitefish                               |
| <input type="checkbox"/> Chicken ( <i>sausage</i> )      | <input type="checkbox"/> Mackerel        | <input type="checkbox"/> Sardines                 | <input type="checkbox"/> _____                                   |
| <input type="checkbox"/> Chicken ( <i>whole</i> )        | <input type="checkbox"/> Mussels         | <input type="checkbox"/> Scallops                 | <input type="checkbox"/> _____                                   |
| <input type="checkbox"/> Clams                           | <input type="checkbox"/> Mutton          | <input type="checkbox"/> Seafood ( <i>other</i> ) | <input type="checkbox"/> _____                                   |
| <input type="checkbox"/> Cod                             | <input type="checkbox"/> Octopus         | <input type="checkbox"/> Shrimp                   | <input type="checkbox"/> _____                                   |

## VEGETABLES

This is a comprehensive but not exhaustive list. All vegetables but corn and lima beans are Whole30 compatible.

- |  |  |   |   |
|--|--|---|---|
| <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"/> Buttercup squash    | <input type="checkbox"/> Frisée ( <i>curly endive</i> )            | <input type="checkbox"/> Parsnips                             | <input type="checkbox"/> Swiss chard          |
| <input type="checkbox"/> Butternut squash    | <input type="checkbox"/> Garlic                                    | <input type="checkbox"/> Peas ( <i>green, yellow, split</i> ) | <input type="checkbox"/> Tomato               |
| <input type="checkbox"/> Cabbage             | <input type="checkbox"/> Green beans                               | <input type="checkbox"/> Potatoes                             | <input type="checkbox"/> Turnip               |
| <input type="checkbox"/> Calabaza            | <input type="checkbox"/> Greens ( <i>beet, collard, dandelion,</i> | <input type="checkbox"/> Pumpkin                              | <input type="checkbox"/> Zucchini             |
| <input type="checkbox"/> Callaloo            | <i>mustard, turnip, etc.</i> )                                     | <input type="checkbox"/> Radish                               |   |
| <input type="checkbox"/> Carrots             | <input type="checkbox"/> Hearts of palm                            | <input type="checkbox"/> Rhubarb                              |   |

## FRUIT

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

- |  |  |   |  |
|--|--|---|--|
| <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

- ☐ Clarified butter
- ☐ Coconut cream
- ☐ Coconut milk
- ☐ 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*)
- ☐ Light olive oil
- ☐ Olives
- ☐ Sesame oil

### NUTS & SEEDS

- ☐ Acorns
- ☐ Almonds
- ☐ Almond butter
- ☐ Brazil nuts
- ☐ Cashews
- ☐ Cashew butter
- ☐ Flaxseeds
- ☐ Hazelnuts/filberts
- ☐ Macadamia nuts
- ☐ Macadamia butter
- ☐ Pecans
- ☐ Pecan butter
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Pumpkin seeds/pepitas
- ☐ Sesame seeds
- ☐ Sesame seed butter (tahini)
- ☐ Sunflower seeds
- ☐ Sunflower seed butter
- ☐ Walnuts

## 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*)
- ☐ Tajín
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric
- ☐ Vanilla extract

## PANTRY

- ☐ Almond flour
- ☐ Anchovy paste
- ☐ Apple cider vinegar
- ☐ Arrowroot powder
- ☐ Balsamic vinegar
- ☐ Beef broth
- ☐ Beet kvass
- ☐ Black garlic
- ☐ Canned butternut squash
- ☐ Canned olives
- ☐ Canned pumpkin
- ☐ Canned salmon

- ☐ Canned sweet potato
- ☐ Canned tuna
- ☐ Capers
- ☐ Chicken broth
- ☐ Cocoa (*100% cacao*)
- ☐ Coconut aminos
- ☐ Coconut flour
- ☐ Dried cranberries
- ☐ Dried fruit
- ☐ Fish broth
- ☐ Fish sauce
- ☐ Hot sauce

- ☐ Kimchi
- ☐ Mustard
- ☐ Orange blossom water
- ☐ Pickles
- ☐ Preserved lemons
- ☐ Raisins
- ☐ Sauerkraut
- ☐ Red wine vinegar
- ☐ Rice vinegar
- ☐ Roasted red peppers
- ☐ Sardines
- ☐ 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 (*no tomato*)

## OTHER

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_