### PROTEIN

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

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<tbody>
<tr>
<td>Anchovies</td>
<td>Beef (ground)</td>
<td>Beef (other)</td>
<td>Beef (steak)</td>
<td>Bison</td>
<td>Carne seca (jerky)</td>
<td>Chicken (breast/thigh)</td>
<td>Chicken (ground)</td>
<td>Chicken (sausage)</td>
<td>Chicken (whole)</td>
<td>Clams</td>
<td>Cod</td>
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<tr>
<td>Deli Meat</td>
<td>Duck</td>
<td>Eggs</td>
<td>Flounder</td>
<td>Lamb</td>
<td>Liver and other organ meats (beef, pork, turkey, etc.)</td>
<td>Mackerel</td>
<td>Mussels</td>
<td>Mutton</td>
<td>Octopus</td>
<td>Oysters</td>
<td>Pork (ground)</td>
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<tr>
<td>Pork (ground)</td>
<td>Pork (sausage)</td>
<td>Roe</td>
<td>Sablefish</td>
<td>Salmon</td>
<td>Sardines</td>
<td>Scallops</td>
<td>Seafood (other)</td>
<td>Shrimp</td>
<td>Snapper</td>
<td>Squid</td>
<td>Trout</td>
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<tr>
<td>Turkey (ground)</td>
<td>Turkey (other)</td>
<td>Turkey (whole)</td>
<td>Venison (and other game meats)</td>
<td>Whitefish</td>
<td>Whitefish</td>
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### VEGETABLES

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

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<thead>
<tr>
<th>Vegetable</th>
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<tbody>
<tr>
<td>Acorn squash</td>
<td>Artichoke</td>
<td>Arugula</td>
<td>Asparagus</td>
<td>Beets</td>
<td>Bell peppers</td>
<td>Bok choy</td>
<td>Broccoli rabe</td>
<td>Broccoli/brocolini</td>
<td>Brussels sprouts</td>
<td>Buttercup squash</td>
<td>Butternut squash</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Calabaza</td>
<td>Callaloo</td>
<td>Carrots</td>
<td>Cassava</td>
<td>Cauliflower</td>
<td>Celery</td>
<td>Chard</td>
<td>Chayote</td>
<td>Cucumber</td>
<td>Delicata squash</td>
<td>Eggplant</td>
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<tr>
<td>Endive</td>
<td>Fennel (anise)</td>
<td>Frisée (curly endive)</td>
<td>Garlic</td>
<td>Greens (beet, collard, dandelion, mustard, turnip, etc.)</td>
<td>Hearts of palm</td>
<td>Jalapeño/hot peppers (all)</td>
<td>Jicama</td>
<td>Kale</td>
<td>Leeks</td>
<td>Lettuce (all)</td>
<td>Mushroom (all)</td>
</tr>
<tr>
<td>Nopal</td>
<td>Nopal</td>
<td>Okra</td>
<td>Onion</td>
<td>Parsnips</td>
<td>Peas (green, yellow, split)</td>
<td>Potatoes (all)</td>
<td>Pumpkin</td>
<td>Radish</td>
<td>Rhubarb</td>
<td>Romaine</td>
<td>Rutabaga</td>
</tr>
<tr>
<td>Rasa</td>
<td>Rasa</td>
<td>Salmonberries</td>
<td>Strawberry</td>
<td>Tomatoes</td>
<td>Turnips</td>
<td>Zucchini</td>
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### FRUIT

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

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<th>Fruit</th>
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<tbody>
<tr>
<td>Apples (all)</td>
<td>Apricots</td>
<td>Bananas</td>
<td>Blackberries</td>
<td>Blueberries</td>
<td>Cherries</td>
<td>Cranberries</td>
<td>Dates</td>
<td>Elderberries</td>
<td>Figs</td>
<td>Grapefruit</td>
<td>Grapes (all)</td>
</tr>
<tr>
<td>Kiwi</td>
<td>Kumquat</td>
<td>Lemon</td>
<td>Lime</td>
<td>Mango</td>
<td>Melon</td>
<td>Nectarines</td>
<td>Oranges (all)</td>
<td>Papaya</td>
<td>Pawpaw</td>
<td>Peaches</td>
<td>Pears (all)</td>
</tr>
<tr>
<td>Persimmons</td>
<td>Pineapple</td>
<td>Plantains</td>
<td>Plum</td>
<td>Pomegranate</td>
<td>Raspberries</td>
<td>Salmonberries</td>
<td>Strawberries</td>
<td>Tangerines</td>
<td>Watermelon</td>
<td>Xoconostle</td>
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</tbody>
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### Shopping List

#### Fats
- Clarified butter
- Coconut cream
- Coconut milk
- Coconut oil
- Duck fat
- Extra-virgin olive oil
- Ghee
- Lard (pork fat)
- Palm oil
- Tallow (beef fat)
- Avocado
- Avocado oil
- Coconut butter
- Coconut (flakes, shredded)
- Coconut milk (canned)
- Light olive oil
- Olives
- Sesame oil
- Coconut butter
- Flaxseeds
- Hazelnuts/filberts
- Macadamia nuts
- Macadamia butter
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds/pepitas
- Sesame seeds
- Sesame seed butter (tahini)
- Sunflower seed butter
- Sunflower seeds
- 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)
- Tarragon
- Thyme
- Turmeric
- Vanilla extract
- Wasabi powder

#### 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
- Safflowers
- Tajin
- Tapioca starch
- Tomato paste
- Tomatoes (diced/crushed)
- Tomatoes (sun-dried)
- Vegetable broth
- White vinegar
- Mineral water
- Naturally flavored water
- Seltzer water
- Sparkling water
- Tea
- Vegetable juice
- Nourish cubes
- Stevia
- Tea leaves
- Water kefir
- Yacon juice
- Xylitol
- Spicy rice vinegar
- Bulletproof coffee
- Cava
- Tequila
- Mezcal
- Whiskey
- Tequila
- Tequila
- Tequila
- Tequila