

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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|--|--|---|--|
| <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>) | <input type="checkbox"/> 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>) | <input type="checkbox"/> <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.

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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"/> 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 (<i>all</i>) | <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 | <input type="checkbox"/> <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.

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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

- 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*)
- Coconut milk (*canned*)
- Light olive oil
- Olives
- Sesame oil

NUTS & SEEDS

- Acorns
- Almond butter
- Almonds
- Brazil nuts
- Cashews
- Cashew 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
- Tajín

- Tapioca starch
- Tomato paste
- Tomatoes (*diced/crushed*)
- Tomatoes (*sun-dried*)
- Vegetable broth
- White vinegar
- _____
- _____
- _____
- _____
- _____
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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

OTHER

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