

Your healthy eating pantry (and fridge) are not complete without these staple items, easily found in most health food stores. Read your labels here too! On the Whole30, no added sugar, soy, carrageenan, MSG, sulfites, or other off-plan ingredients.

pantry item

helpful hints

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| Almond flour | Use almond flour/meal to thicken a sauce or to coat meat or fish before baking. |
| Applesauce | Unsweetened brands, like Santa Cruz Organics . |
| Beef or chicken broth | Some Imagine broths are Whole30-friendly, but it's best to make your own . |
| Butter (clarified) or ghee | Pastured and organic - like Whole30 Approved Pure Indian Foods or OMGhee . |
| Canned meats (salmon, tuna, chicken) | Read your labels—no soy, sugar or other less healthy ingredients. |
| Canned vegetables (sweet potato, squash, pumpkin) | The only ingredient should be the vegetable itself (and maybe water). |
| Cocoa (or 100% cacao) | 100% cocoa or cacao adds flavor to meals and sauces. Treat it like a spice. |
| Coconut aminos | From Coconut Secret : Whole30-friendly, found in the soy sauce aisle. |
| Coconut butter | Also called “creamed coconut” or “coconut manna.” Try Artisana brand. |
| Coconut (flaked or shredded) | Great for snacking or in recipes . Buy organic to avoid added sulfites. |
| Coconut milk | Get the full fat version, no sulfites. Try Thai Kitchen or Whole Foods 365 . |
| Coconut oil | Look for the unrefined kind—organic isn't important here. |
| Curry paste | Red, green, or yellow will spice up any curry. Try Thai Kitchen brand. |
| Fish sauce | Watch for added sugar here! We like Whole30 Approved Red Boat Fish Sauce . |
| Hot sauce | Try Whole30 Approved Tessemae's or Horsetooth Hot Sauce . |
| Jerky | Remember, no added sugar! Try Primal Pacs , Chomps , and Gourmet Grassfed . |
| Mustard | Read your labels—no added sugar, corn starch, maltodextrin, etc. |
| Nuts and seeds | Raw or dry-roasted, salt is optional. |
| Nut butters | Look for no added sugar, like Whole30-friendly Organic Sunbutter . |
| Olives (black, green, etc.) | Any variety, canned or fresh - as long as there are no added sulfites. |
| Olive oil | Extra-virgin for dressings, sauces, and cooking; light for homemade mayo. |
| Pickles, relish, diced green chiles, capers, etc. | Add spice and flavor to meals and sauces—but as always, read your labels. |
| Raisins, currants, dried figs, etc. | A little goes a long way to flavor a dish or add some sweetness. Use sparingly. |
| Sesame oil | On our “limit” list, but a small amount can add lots of flavor. |
| Tomatoes (crushed, paste) | The best ingredient list would read just “tomatoes,” like Pomi brand. |
| Vinegar (balsamic, cider, red wine, white, etc.) | All vinegar varieties (except for malt) are Whole30 permitted, even rice or wine. |