### 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 garlic, onion, sugar, carrageenan, MSG, or sulfites.

- Anchovies
- Beef (ground)
- Beef (other)
- Beef (steak)
- Bison
- Carne seca (jerky)
- Chicken (breast/thigh)
- Chicken (ground)
- Chicken (sausage)
- Chicken (whole)
- Clams

- Cod
- Deli Meat
- Duck
- Eggs
- Flounder
- Lamb
- Liver and other organ meats (beef, pork, turkey, etc.)
- Mackerel
- Mussels
- Mutton
- Octopus
- Oysters
- Pork (bacon)
- Pork (chops)
- Pork (ground)
- Pork (sausage)
- Roe
- Sablefish
- Salmon
- Sardines
- Scallops
- Seafood (other)
- Shrimp
- Snapper
- Squid
- Trout
- Turkey (ground)
- Turkey (other)
- Turkey (whole)
- Venison (and other game meats)
- Whitefish

### FRUIT

- Apples (all)
- Apricots
- Unripe bananas
- Ripe bananas
- Blackberries
- Blueberries
- Cherries
- Cranberries
- Dates
- Elderberries
- Figs
- Grapefruit
- Grapes (all)
- Kiwi
- Kumquat
- Lemon
- Lime
- Mango
- Melon
- Nectarines
- Oranges (all)
- Papaya
- Pawpaw
- Peaches
- Pears (all)
- Persimmons
- Pineapple
- Plantains
- Plum
- Pomegranate
- Raspberries
- Salmonberries
- Strawberries
- Tangerines
- Watermelon
- Koconostie

### VEGETABLES

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

- Acorn squash
- Artichoke
- Arugula
- Asparagus
- Beets
- Bell peppers
- Bok choy
- Broccoli/broccolini
- Broccoli rabe
- Brussels sprouts
- Buttercup squash
- Butternut squash
- Cabbage
- Calabaza
- Callaloo
- Carrots
- Cassava
- Cauliflower
- Celery
- Chayote
- Cucumber
- Delicata squash
- Eggplant
- Endive
- Fennel (anise)
- Frisée (curly endive)
- Garlic
- Green beans
- Greens (beet, collard, dandelion, mustard, turnip, etc.)
- Hearts of palm
- Jalapeño/hot peppers (all)
- Jicama
- Kale
- Leeks
- Lettuce (all)
- Mushrooms (all)
- Nopal
- Nori
- Okra
- Olives
- Onion
- Parsnips
- Peas (green, yellow, split)
- Potatoes (all)
- Pumpkin
- Radish
- Rhubarb
- Romaine
- Rutabaga
- Sassafras
- Shallots
- Snow/sugar snap peas
- Spaghetti squash
- Spinach
- Sprouts
- Summer squash
- Sweet potato/yams
- Swiss chard
- Tomato
- Turnip
- Zucchini
- Xoconostle

Check out the Monash app for more in-depth information about serving sizes and individual foods.

This is a comprehensive but not exhaustive list. All fruit is Whole30 compatible.
### WHOLE30 RESOURCES

**SHOPPING LIST, low FODMAP**

#### 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/peitas
  - 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)
- Tajin
- Tarragon
- Thyme
- Turmeric
- Vanilla extract
- Wasabi powder

#### PANTRY

- **Avoid**: Items that contain garlic, onion, or high FODMAP ingredients
  - Almond flour
  - Anchovy paste
  - Apple cider vinegar
  - Arrowroot powder
  - Balsamic vinegar
  - Beef broth
  - Beet kvass
  - Black garlic
  - Canned butternut squash
  - Canned olives
  - Canned pumpkin
- **Cooking Fat**
  - Canned salmon
  - Canned sweet potato
  - Canned tuna
  - Capers
  - Chicken broth
  - Cocoa (100% cacao)
  - Coconut aminos
  - Coconut flour
  - Dried cranberries
  - Dried fruit
  - Fish broth
- **Eating/Dressing**
  - Fish sauce
  - Hot sauce
  - Kimchi
  - Mustard
  - *Orange blossom water
  - Pickles
  - Preserved lemons
  - Raisins
  - Sauerkraut
  - Red wine vinegar
  - Rice vinegar
- **Herbs & Spices**
  - Roasted red peppers
  - Sardines
  - Tapioca starch
  - Tomato paste
  - Tomatoes (diced/crushed)
  - Tomatoes (sun-dried)
  - Vegetable broth
  - White broth
  - White vinegar

#### DRINKS

- Almond milk
- Apple cider
- Beet kvass
- 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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