### Protein
- Eggs
- Beef (Ground)
- Beef (Steak)
- Beef (Other)
- Chicken (Ground)
- Chicken (Breast/Thigh)
- Chicken (Sausage)
- Chicken (Whole)
- Turkey (Ground)
- Turkey (Whole)
- Turkey (Other)
- Salmon
- Whitefish
- Shrimp
- Scallops
- Seafood (Other)
- Pork (Ground)
- Pork (Chops)
- Pork (Sausage)
- Pork (Bacon)
- Deli Meat

### Vegetables
- Acorn Squash
- Artichoke
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Buttercup Squash
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Delicata Squash
- Eggplant
- Endive
- Fennel (Anise)
- Frisée (Curly Endive)
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jalapeño/Hot Peppers (all)
- Kale
- Leeks
- Lettuce (all)
- Mushrooms (all)
- Okra
- Onion
- Parsnips
- Potatoes (all)
- Pumpkin
- Radish
- Rutabaga
- Rhubarb
- Romaine
- Shallots
- Snow Peas
- Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams
- Swiss Chard
- Tomato
- Turnip
- Zucchini

### Fruit
- Apples (all)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes (all)
- Jicama
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarines
- Oranges (all)
- Papaya
- Peaches
- Pears (all)
- Pineapple
- Plantains
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon

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*This is a comprehensive but not exhaustive list. All fruit is allowed on the Whole30.*

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### Whole30 Shopping List: Low-FODMAP

#### Cooking Fats
- Clarified Butter
- Duck Fat
- Ghee
- Coconut Oil
- Extra-Virgin Olive Oil
- 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 (all)
- Sesame Oil

#### Nuts and Seeds
- Almonds
- Almond Butter
- Brazil Nuts
- Cashews
- Hazelnuts/Filberts
- Macadamia Nuts
- Pecans
- Pistachios
- Flax Seeds
- Pine Nuts
- Pumpkin Seeds/Pepitas
- Sesame Seeds
- Sunflower Seeds
- Sunflower Seed Butter
- Walnuts

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**Read your labels! All ingredients in your spices, pantry goods, and beverages should be Whole30 compliant AND low-FODMAP.**

#### Herbs & Spices
- Allspice
- Basil (Fresh/Dried)
- Bay Leaves
- Black Pepper
- Black Peppercorns
- Cayenne
- Chili Powder
- Chipotle Powder
- Chives
- Cilantro (Fresh/Dried)
- Cinnamon
- Cloves (Ground)
- Cumin
- Curry Powder (Red/Yellow)
- Dill (Fresh/Dried)
- Garlic Powder
- Ginger (Fresh/Dried)
- Ground Cloves
- Lemongrass
- Mustard Powder
- Nutmeg
- Onion Powder
- Oregano (Fresh/Dried)
- Paprika
- Parsley (Fresh/Dried)
- Red Pepper Flakes
- Rosemary (Fresh/Dried)
- Sage (Fresh/Dried)
- Salt (Iodized/Sea Salt)
- Thyme (Fresh/Dried)
- Wasabi Powder

#### Pantry
- Almond Flour
- Apple Cider Vinegar
- Arrowroot Powder
- Balsamic Vinegar
- Beef Broth
- Canned Butternut Squash
- Canned Pumpkin
- Canned Sweet Potato
- Canned Salmon
- Canned Tuna
- Capers
- Chicken Broth
- Cocoa (100% Cacao)
- Coconut Aminos
- Coconut Flour
- Dried Cranberries
- Dried Fruit
- Fish Sauce
- Hot Sauce
- Mustard (all)
- Pickles (all)
- Raisins
- Red Wine Vinegar
- Rice Vinegar
- Roasted Red Peppers
- Sardines
- Tapioca Starch
- Tomato Paste
- Tomatoes (Diced/Crushed)
- Tomatoes (Sun-Dried)
- Vegetable Broth
- White Vinegar

#### Drinks
- Almond Milk
- Apple Cider
- Cacao (100%) Drinks
- Club Soda
- Coconut Water
- Coffee
- Fruit Juice (all)
- Kombucha
- Mineral Water
- Naturally Flavored Water
- Seltzer Water
- Sparkling Water
- Tea (all)
- Vegetables Juice

#### Other
- [Optional]
- [Optional]