## 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, or sulfites.

- Anchovas
- 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)

## 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
- Carrot

- 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

## FRUIT

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

- 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
- ❗️ Xoconostle
# WHOLE30 RESOURCES
## SHOPPING LIST, low FODMAP

### 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)
- Light olive oil
- Olives
- Sesame oil
- Avocado oil
- Coconut 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
- 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
- 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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