

In partnership with Dr. Michael Ruscio, author of *Healthy Gut, Healthy You*

### PROTEIN

✓ **Best choice:** look for Whole30 Approved® or words like 100% grass-fed, pastured, wild-caught, and organic on the label.

X **Avoid:** processed meats (like sausage, burgers, bacon, deli meat, etc.) with added garlic, onion, sugar, carrageenan, or sulfites.

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Anchovies                       | <input type="checkbox"/> Cod             | <input type="checkbox"/> Mutton                  | <input type="checkbox"/> Scallops                                |
| <input type="checkbox"/> Beef ( <i>ground</i> )          | <input type="checkbox"/> Deli Meat       | <input type="checkbox"/> Octopus                 | <input type="checkbox"/> Seafood ( <i>other</i> )                |
| <input type="checkbox"/> Beef ( <i>other</i> )           | <input type="checkbox"/> Duck            | <input type="checkbox"/> Oysters                 | <input type="checkbox"/> Shrimp                                  |
| <input type="checkbox"/> Beef ( <i>steak</i> )           | <input type="checkbox"/> Eggs            | <input type="checkbox"/> Pork ( <i>bacon</i> )   | <input type="checkbox"/> Snapper                                 |
| <input type="checkbox"/> Bison                           | <input type="checkbox"/> Flounder        | <input type="checkbox"/> Pork ( <i>chops</i> )   | <input type="checkbox"/> Squid                                   |
| <input type="checkbox"/> Carne seca ( <i>jerky</i> )     | <input type="checkbox"/> Lamb            | <input type="checkbox"/> Pork ( <i>ground</i> )  | <input type="checkbox"/> Trout                                   |
| <input type="checkbox"/> Chicken ( <i>breast/thigh</i> ) | <input type="checkbox"/> Liver and other | <input type="checkbox"/> Pork ( <i>sausage</i> ) | <input type="checkbox"/> Turkey ( <i>ground</i> )                |
| <input type="checkbox"/> Chicken ( <i>ground</i> )       | organ meats ( <i>beef,</i>               | <input type="checkbox"/> Roe                     | <input type="checkbox"/> Turkey ( <i>other</i> )                 |
| <input type="checkbox"/> Chicken ( <i>sausage</i> )      | <i>pork, turkey, etc.</i> )              | <input type="checkbox"/> Sablefish               | <input type="checkbox"/> Turkey ( <i>whole</i> )                 |
| <input type="checkbox"/> Chicken ( <i>whole</i> )        | <input type="checkbox"/> Mackerel        | <input type="checkbox"/> Salmon                  | <input type="checkbox"/> Venison ( <i>and other game meats</i> ) |
| <input type="checkbox"/> Clams                           | <input type="checkbox"/> Mussels         | <input type="checkbox"/> Sardines                | <input type="checkbox"/> Whitefish                               |

**RED: Avoid**  
(highest FODMAP content)

**YELLOW: Enjoy with caution**  
(serving size matters or \*not yet tested)

**NO COLOR BACKGROUND:**  
(low-FODMAP)

[Check out the Monash app for more in-depth information about serving sizes and individual foods](#)

### VEGETABLES

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

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

### FRUIT

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

- |  |  |   |   |
|--|--|---|---|
| <input type="checkbox"/> Apples ( <i>all</i> ) | <input type="checkbox"/> *Elderberries         | <input type="checkbox"/> Melon                  | <input type="checkbox"/> Plantains      |
| <input type="checkbox"/> Apricots              | <input type="checkbox"/> Figs                  | <input type="checkbox"/> Nectarines             | <input type="checkbox"/> Plum           |
| <input type="checkbox"/> Unripe bananas        | <input type="checkbox"/> Grapefruit            | <input type="checkbox"/> Oranges ( <i>all</i> ) | <input type="checkbox"/> Pomegranate    |
| <input type="checkbox"/> Ripe 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    |

**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/pepitas
- Sesame seeds
- Sesame seed butter (tahini)
- Sunflower seeds
- Sunflower seed butter
- Walnuts

**HERBS & SPICES**

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Allspice          | <input type="checkbox"/> Cilantro                           | <input type="checkbox"/> Ground cloves     | <input type="checkbox"/> Rosemary                         |
| <input type="checkbox"/> Basil             | <input type="checkbox"/> Cinnamon                           | <input type="checkbox"/> Lemongrass        | <input type="checkbox"/> Sage                             |
| <input type="checkbox"/> Bay leaves        | <input type="checkbox"/> Cloves ( <i>ground</i> )           | <input type="checkbox"/> Mustard powder    | <input type="checkbox"/> Salt ( <i>iodized/sea salt</i> ) |
| <input type="checkbox"/> Black pepper      | <input type="checkbox"/> Coriander                          | <input type="checkbox"/> Nutmeg            | <input type="checkbox"/> Tajín                            |
| <input type="checkbox"/> Black peppercorns | <input type="checkbox"/> Cumin                              | <input type="checkbox"/> Onion powder      | <input type="checkbox"/> Tarragon                         |
| <input type="checkbox"/> Cayenne           | <input type="checkbox"/> Curry powder ( <i>red/yellow</i> ) | <input type="checkbox"/> Oregano           | <input type="checkbox"/> Thyme                            |
| <input type="checkbox"/> Chili powder      | <input type="checkbox"/> Dill                               | <input type="checkbox"/> Paprika           | <input type="checkbox"/> Turmeric                         |
| <input type="checkbox"/> Chipotle powder   | <input type="checkbox"/> Garlic powder                      | <input type="checkbox"/> Parsley           | <input type="checkbox"/> Vanilla extract                  |
| <input type="checkbox"/> Chives            | <input type="checkbox"/> Ginger                             | <input type="checkbox"/> Red pepper flakes | <input type="checkbox"/> Wasabi powder                    |

**PANTRY**

X *Avoid:* Items that contain garlic, onion, or high FODMAP ingredients

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Almond flour            | <input type="checkbox"/> Canned salmon               | <input type="checkbox"/> Fish sauce            | <input type="checkbox"/> Roasted red peppers               |
| <input type="checkbox"/> Anchovy paste           | <input type="checkbox"/> Canned sweet potato         | <input type="checkbox"/> Hot sauce             | <input type="checkbox"/> Sardines                          |
| <input type="checkbox"/> Apple cider vinegar     | <input type="checkbox"/> Canned tuna                 | <input type="checkbox"/> Kimchi                | <input type="checkbox"/> Tapioca starch                    |
| <input type="checkbox"/> Arrowroot powder        | <input type="checkbox"/> Capers                      | <input type="checkbox"/> Mustard               | <input type="checkbox"/> Tomato paste                      |
| <input type="checkbox"/> Balsamic vinegar        | <input type="checkbox"/> Chicken broth               | <input type="checkbox"/> *Orange blossom water | <input type="checkbox"/> Tomatoes ( <i>diced/crushed</i> ) |
| <input type="checkbox"/> Beef broth              | <input type="checkbox"/> Cocoa ( <i>100% cacao</i> ) | <input type="checkbox"/> Pickles               | <input type="checkbox"/> Tomatoes ( <i>sun-dried</i> )     |
| <input type="checkbox"/> Beet kvass              | <input type="checkbox"/> Coconut aminos              | <input type="checkbox"/> Preserved lemons      | <input type="checkbox"/> Vegetable broth                   |
| <input type="checkbox"/> Black garlic            | <input type="checkbox"/> Coconut flour               | <input type="checkbox"/> Raisins               | <input type="checkbox"/> White vinegar                     |
| <input type="checkbox"/> Canned butternut squash | <input type="checkbox"/> Dried cranberries           | <input type="checkbox"/> Sauerkraut            | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Canned olives           | <input type="checkbox"/> Dried fruit                 | <input type="checkbox"/> Red wine vinegar      | <input type="checkbox"/> _____                             |
| <input type="checkbox"/> Canned pumpkin          | <input type="checkbox"/> Fish broth                  | <input type="checkbox"/> Rice vinegar          | <input type="checkbox"/> _____                             |

**DRINKS**

- |   |   |
|---|---|
| <input type="checkbox"/> Almond milk                  | <input type="checkbox"/> Kombucha                 |
| <input type="checkbox"/> Apple cider                  | <input type="checkbox"/> Mineral water            |
| <input type="checkbox"/> Beet kvass                   | <input type="checkbox"/> Naturally flavored water |
| <input type="checkbox"/> Cacao ( <i>100%</i> ) drinks | <input type="checkbox"/> Seltzer water            |
| <input type="checkbox"/> Club soda                    | <input type="checkbox"/> Sparkling water          |
| <input type="checkbox"/> Coconut water                | <input type="checkbox"/> Tea                      |
| <input type="checkbox"/> Coffee                       | <input type="checkbox"/> Vegetable juice          |
| <input type="checkbox"/> Fruit juice                  |   |

**OTHER**

- |                                |                                |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
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