

WHOLE30 SHOPPING LIST

VEGETABLES	PROTEIN	FATS & OILS	PANTRY STAPLES
Acorn Squash	Beef	Avocado Oil	Apple Cider Vinegar
Artichoke	Bison	Beef Tallow	Almond Butter
Arugula	Chicken	Clarified Butter/Ghee	Almond Flour
Asparagus	Duck	Coconut Oil	Arrowroot Powder
Beets	Eggs	Duck Fat	Balsamic Vinegar
Bell Pepper	Fish	Lard	Broth
Broccoli	Lamb	Olive Oil	Cacao
Brussels Sprouts	Pork	Sesame Oil	Cashew Butter
Bok Choy	Shellfish		Canned Vegetables
Butternut Squash	Turkey	NUTS & SEEDS	Coconut Milk
Cabbage	Deli Meat	Almonds	Coconut Aminos
Carrots	FRUIT	Brazil Nuts	Coconut Flour
Cauliflower	Apples	Cashews	Capers
Celery	Apricots	Chia Seeds	Dried Fruit
Collard Greens	Bananas	Hazelnuts	Fish Sauce
Cucumber	Berries	Macadamia Nuts	Ginger Paste/Minced Ginger
Eggplant	Cherries	Pecans	Hot Sauce
Fennel	Dates	Pistachios	Olives
Green Beans	Figs	Flax Seeds	Mustard
Kale	Grapes	Pine Nuts	Nutritional Yeast
Leek	Kiwi	Pumpkin Seeds/Pepitas	Red Wine Vinegar
Lettuce	Mango	Sesame Seeds	Rice Vinegar
Mushroom	Melon	Sunflower Seeds	Roasted Red Peppers
Onion	Nectarines	Walnuts	Salsa
Parsnips	Oranges	DRINKS	Sardines
Potatoes	Peaches	Club Soda	Salmon (canned)
Romaine	Pears	Coconut Water	Sauerkraut
Spinach	Plums	Coffee	Spices & Herbs (dried)
Squash	Plantains	Fruit Juice	Sundried Tomatoes
Swiss Chard	Pineapple	Tea	Tapioca Flour
Sweet Potato/Yams	Pomegranate	Vegetable Juice	Tahini
Tomato	Watermelon	Water (Mineral/Flavored)	Tomato Paste
Zucchini			Tuna (canned)

REMINDERS

- Opt for organic when possible on all fruits and vegetables
- Opt for 100% grass-fed, pastured, organic and/or wild-caught when possible on protein sources
- Read all labels and watch for added sugar, carrageenan, MSG, sulfites, corn starch and soy lecithin

You've got this!