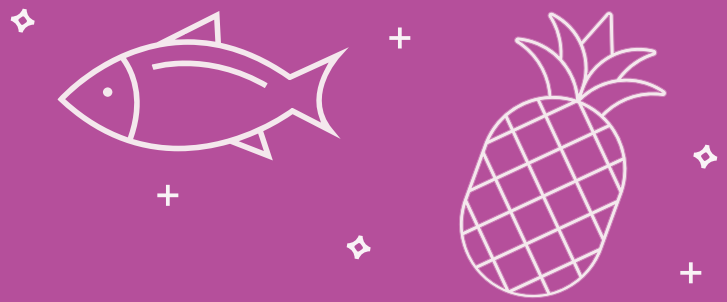


Whole 30 Shopping List

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FRUITS

- Apples
- Apricots
- Berries:
Blackberries,
Blueberries,
Raspberries,
Strawberries
- Cherries
- Citrus:
Grapefruit,
Lemons, Limes,
Nectarines,
Oranges,
Tangerines
- Dates
- Figs
- Grapes
- Jicama
- Kiwi
- Mangoes
- Melon
- Papaya
- Peaches
- Pears
- Pineapple
- Plantains
- Plums

PANTRY STAPLES

- Almond Flour
- Arrowroot Powder
- Botanical Extracts:
Vanilla, Lemon,
Lavender
- Broth
- Capers
- Cauliflower rice
- 100% Cocoa
- Coconut Aminos
- Coconut Flour
- Condiments:
Hot Sauce,
Mayonnaise,
Mustard
- Dried Fruit
- Fish Sauce
- Iodized Salt
- Pickles
- Raisins
- Salsa
- Sardines
- Spices and Herbs
- Tapioca Starch
- Vinegar:
Apple Cider,
Balsamic,
Red Wine, White

DRINKS

- Apple Cider
- Almond Milk or Cashew Milk
- Club Soda
- Coconut Water
- Coffee
- Fruit Juice
- Kombucha
- Mineral Water
- Naturally Flavored Water
- Seltzer or Sparkling Water
- Tea or Matcha
- Vegetable Juice

FATS

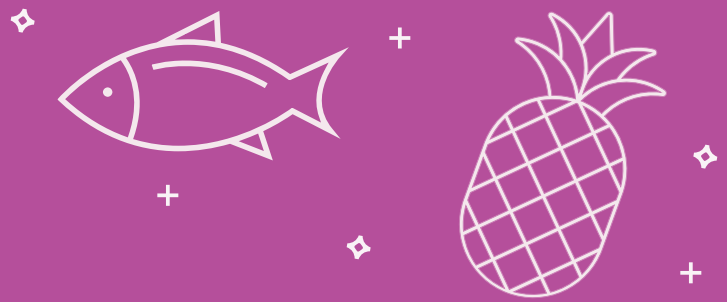
DRESSING AND TOPPING

- Avocado and Avocado Oil
- Olives
- Coconut Butter and Coconut Milk
- Coconut Flakes and Shredded Coconut
- Sesame Oil

SHAPE

Whole 30 Shopping List

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FATS CONT.

COOKING

- Ghee or Clarified Butter
- Duck Fat
- Coconut Oil
- Extra-Virgin Olive Oil
- Lard
- Palm Oil
- Tallow

NUTS AND SEEDS

- Almonds and Almond Butter
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pistachios

VEGETABLES

- Artichokes
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Endive
- Fennel
- Frisée
- Garlic
- Green Beans
- Greens: Arugula, Collard Greens, Kale, Lettuce, Romaine, Spinach, Swiss Chard
- Jalapeños
- Leeks
- Mushrooms
- Okra
- Onions and Shallots
- Parsnips
- Potatoes and Sweet Potatoes/Yams
- Radishes
- Rutabaga
- Rhubarb
- Snow Peas
- Sugar Snap Peas
- Sprouts
- Squash: Acorn, Buttercup, Butternut, Delicata, Pumpkin, Spaghetti, Summer, Zucchini
- Tomatoes
- Turnips

PROTEIN

- Pork
- Deli Meats and Sausages*
- Beef
- Chicken
- Turkey
- Eggs
- Salmon
- Whitefish
- Shrimp
- Scallops
- Seafood

* (Just remember to avoid those with added sugar, carrageenan [a food additive used as a thickening agent], MSG, or sulfites.)