

Protein

Best choice: look for words like 100% grass-fed, pastured, wild-caught, and organic on the label

Avoid: processed meats (pre-made sausage, burgers, bacon, deli meat, etc.) with added sugar, carrageenan, MSG, or sulfites

- | | | |
|---|--|---|
| <input type="checkbox"/> Eggs _____ | <input type="checkbox"/> Turkey (Ground) _____ | <input type="checkbox"/> Pork (Ground) _____ |
| <input type="checkbox"/> Beef (Ground) _____ | <input type="checkbox"/> Turkey (Whole) _____ | <input type="checkbox"/> Pork (Chops) _____ |
| <input type="checkbox"/> Beef (Steak) _____ | <input type="checkbox"/> Turkey (Other) _____ | <input type="checkbox"/> Pork (Sausage) _____ |
| <input type="checkbox"/> Beef (Other) _____ | <input type="checkbox"/> Salmon _____ | <input type="checkbox"/> Pork (Bacon) _____ |
| <input type="checkbox"/> Chicken (Ground) _____ | <input type="checkbox"/> Whitefish _____ | <input type="checkbox"/> Deli Meat _____ |
| <input type="checkbox"/> Chicken (Breast/Thigh) _____ | <input type="checkbox"/> Shrimp _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chicken (Sausage) _____ | <input type="checkbox"/> Scallops _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Chicken (Whole) _____ | <input type="checkbox"/> Seafood (Other) _____ | <input type="checkbox"/> _____ |

Vegetables

This is a comprehensive but not exhaustive list. All vegetables but corn, peas, and lima beans are allowed on the Whole30.

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

Fruit

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

- | | | | |
|---------------------------------------|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Apples (all) | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Grapes (all) | <input type="checkbox"/> Oranges (all) | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Jicama | <input type="checkbox"/> Papaya | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peaches | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pears (all) | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lime | <input type="checkbox"/> Pineapple | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Mango | <input type="checkbox"/> Plantains | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Melon | <input type="checkbox"/> Plum | <input type="checkbox"/> _____ |

Fats

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
- Pistachio
- Flax Seeds
- Pine Nuts
- Pumpkin Seeds/Pepitas
- Sesame Seeds
- Sunflower Seeds
- Sunflower Seed Butter
- Walnuts
- _____

Read your labels! Make sure all ingredients in your spice mixtures, pantry goods, and beverages are Whole30 compliant.

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

- 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

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____