

## 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

- |                                |                                |
|--------------------------------|--------------------------------|
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