



The Groceries

Proteins

Bacon (Compliant)
Chicken
Deli Meat
Eggs
Ground Beef
Ground Chicken
Ground Turkey
Pork Tenderloin
Salmon
Sausage (Compliant)
Scallops
Shrimps
Steak
Tuna
Turkey

Herbs & Spices

Allspice
Bay Leaves
Black Pepper
Cayenne
Chili Powder
Chipotle Powder
Cinnamon
Cumin
Curry Powder
Dill

Vegetables

Asparagus
Beets
Bell Peppers
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Garlic
Green Beans
Greens (All)
Jalapeños
Lettuce
Mushrooms
Okra
Onions
Potatoes (all)
Pumpkin
Radishes
Romaine
Snow Pears
Spinach
Sprouts
Squash (All)
Tomatoes
Turnips
Zucchini



The Groceries

Herbs & Spices Con't

- Garlic Powder
- Ginger
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley
- Red Pepper Flakes
- Rosemary
- Salt
- Thyme
- Turmeric

Fats

- Avocado
- Avocado Oil
- Clarified Butter
- Coconut
- Coconut Milk
- Coconut Oil
- Flax Seed
- Ghee
- Extra Virgin Olive Oil
- Lard
- Nuts (Except Peanuts)
- Nut Butters (Except Peanut Butter)
- Olives
- Sesame Oil

Fruits

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapples
- Plantains
- Plums
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon



The Groceries

Drinks

Apple Cider
Club Soda
Coconut Water
Coffee
Fruit Juice (All - No Added Sugar)
Kombucha (No Added Sugar)
Mineral Water
Seltzer Water
Sparkling Water
Tea (All)
Vegetable Juice (All - No Added Sugar)

Snacks/Other

Applesauce (Compliant)
Bare Apple Crisps
Cauliflower Rice
Chia Squeeze Pouches (Compliant)
EPIC Bars (Compliant)
Guacamole
Larabars (Compliant)
Nutpod Cream
RXBars (Compliant)
Seaweed Chips
Spiralized Vegetable Noodles

Pantry Staples

Almond Flour
Balsamic Vinegar
Beef Broth
Canned Salmon
Canned Tomatoes
Canned Tuna
Chicken Broth
Coconut Aminos
Coconut Flour
Dried Fruit (No Added Sugar)
Hot Sauce
Mustard (All)
Pickles
Raisins
Red Wine Vinegar
Tomato Paste
Vegetable Broth
White Vinegar

Notes

* All vegetables *except* corn, peas, and lima beans are allowed on Whole30
* All fruit is allowed on Whole30
* Read labels of pre-packed foods and meats for hidden sugars, etc.