

WHOLE30 APPROVED FOODS LIST

VEGGIES

Acorn squash
Artichoke
Arugula
Asparagus
Avocado
Beets
Bell pepper
Bok choy
Broccoli
Brussels sprouts
Butternut squash
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Delicata squash
Eggplant
Fennel
Fresh herbs
Green beans
Green onion
Jalapeno pepper
Kale
Leeks
Lettuce
Microgreens
Mushrooms
Onion
Peas
Potatoes
Pumpkin
Radish
Shallots
Spaghetti squash
Spinach
Sprouts
Sweet potatoes
Swiss chard
Tomatoes
Turnip
Watercress
Yellow squash
Zucchini

FRUIT

Apples
Apricots
Bananas
Berries
Cherries
Coconut
Cranberries
Dates
Figs
Grapefruit
Grapes
Guava
Kiwi
Lemon
Lime
Mango
Nectarines
Oranges
Papaya
Passion fruit
Peaches
Pears
Persimmon
Pineapple
Plantains
Plums
Pomegranate
Tangerines
Watermelon

PROTEIN

Deli meat – as long as all ingredients are Whole30 compatible
Bison
Chicken
Duck
Eggs
Fish
Lamb
Pork
Shellfish
Turkey

FATS & OILS

Avocado oil
Beef tallow
Coconut oil
Duck fat
Ghee – clarified butter
Lard
Olive oil
Sesame oil

NUTS & SEEDS

Almonds
Brazil nuts
Cashews
Chia seeds
Hazelnuts
Macadamia nuts
Pecans
Pili nuts
Pine nuts
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

DRINKS

Club soda
Coconut water - no sugar added
Coffee
Fruit juice – but only as a sweetener for cooking
Kombucha
Mineral water
Nut + seeds milks – as long as all ingredients are compatible, or make your own!
Sparkling water
Tea – Green, black, white, or herbal
Vegetable juice

PANTRY STAPLES

Almond butter – no sugar added
Almond flour
Apple cider vinegar
Applesauce
Arrowroot powder
Artichoke hearts - canned
Balsamic vinegar
Broth – chicken, beef, turkey, or vegetable
Cacao
Canned tomatoes
Canned vegetables
Capers
Cashew butter – no sugar added
Coconut aminos
Coconut butter
Coconut flour
Coconut milk
Curry paste – as long as all the ingredients are compliant
Dried fruit
Fish sauce
Hot sauce – as long as all the ingredients are compliant
Marinara sauce – as long as all the ingredients are compliant
Mayonnaise
Mustard – as long as all the ingredients are compliant
Nutritional yeast
Olives
Red wine vinegar
Roasted red peppers
Salmon – canned
Salsa
Sardines
Sauerkraut
Spices – dried
Sundried tomatoes
Tahini
Tapioca flour
Tomato paste
Tuna – canned
Vanilla extract

FOODS TO AVOID

Added sugar – in any form
Alcohol – even for cooking
Carrageenan
Dairy
Gluten
Grains
Junk food or treats – even if made with compliant ingredients
Most forms of legumes – peas and green beans are the exception
Sulfites

GENERAL TIPS + REMINDERS

Choose organic fruits and vegetables whenever possible
Choose grass fed / pasture raised / organic animal products and wild caught seafood whenever possible
Make sure to read your labels for sneaky hidden ingredients like sugar, carrageenan, sulfites, corn starch, soy lecithin, sulfur dioxide, stevia or monk fruit extract

YOU GOT THIS!!!