**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

### 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

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!!!**

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