

The Whole30 Grocery List

PROTEIN

- ☐ Grass-fed meats and organic poultry
- ☐ Seafood (ideally wild-caught and sustainably fished)
- ☐ Pastured eggs
- ☐ Soy-free plant-based "meat" (like the Beyond Burger)

NUTS & SEEDS

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Flax seeds
- ☐ Pecans
- ☐ Pistachios
- ☐ Pumpkin seeds
- ☐ Sunflower seeds

FATS

- ☐ Coconut oil
- ☐ Extra virgin olive oil
- ☐ Coconut butter
- ☐ Coconut milk
- ☐ Olives

PRODUCE

- ☐ Acorn squash
- ☐ Asparagus
- ☐ Avocado
- ☐ Broccoli
- ☐ Berries
- ☐ Butternut squash
- ☐ Carrots
- ☐ Cauliflower
- ☐ Grapefruit
- ☐ Garlic
- ☐ Leafy greens
- ☐ Lemon/lime
- ☐ Onion
- ☐ Pears
- ☐ Sweet potato
- ☐ Tomato
- ☐ Watermelon
- ☐ Zucchini