

# Whole30 Shopping List



## Meat and Seafood

- ◯ Chicken
- ◯ Fatty fish
- ◯ Anchovies
- ◯ Mackerel
- ◯ Salmon
- ◯ Sardines
- ◯ Tuna
- ◯ Lamb
- ◯ Shellfish
- ◯ Crab
- ◯ Mussels
- ◯ Oysters
- ◯ Shrimp
- ◯ Turkey
- ◯ Lean beef
- ◯ Lean pork

## Dairy and eggs

- ◯ Eggs
- ◯ Ghee or clarified butter

## Oil

- ◯ Canola oil
- ◯ Olive oil
- ◯ Sesame oil
- ◯ Sunflower oil

## Other

- ◯ Coconut oil
- ◯ Coffee
- ◯ Dried fruit
- ◯ Whole30 approved snack bars

## Vegetables

- ◯ Arugula/rocket
- ◯ Avocados
- ◯ Bell peppers
- ◯ Carrots
- ◯ Eggplant/aubergine
- ◯ Garlic
- ◯ Green beans
- ◯ Kale
- ◯ Lettuce
- ◯ Onions
- ◯ Parsnip
- ◯ Pumpkin
- ◯ Radish
- ◯ Spaghetti squash
- ◯ Spinach
- ◯ Snow peas
- ◯ Sugar snap peas
- ◯ Sweet potatoes
- ◯ Zucchini/courgette

## Fruit

- ◯ Apples
- ◯ Apricot
- ◯ Blackberries
- ◯ Blueberries
- ◯ Grapes
- ◯ Honeydew melon
- ◯ Kiwi
- ◯ Oranges
- ◯ Peaches
- ◯ Plums
- ◯ Pineapple
- ◯ Raspberries
- ◯ Strawberries
- ◯ Watermelon

## Fresh and dried herbs and spices

- ◯ Basil
- ◯ Cayenne pepper
- ◯ Chilli flakes
- ◯ Chilli powder
- ◯ Cinnamon
- ◯ Cloves
- ◯ Coriander
- ◯ Cumin
- ◯ Ginger
- ◯ Mint
- ◯ Oregano
- ◯ Paprika
- ◯ Smoked paprika
- ◯ Thyme

Listonic

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