

# WHOLE30 APPROVED FOOD 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 compliant  
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 a small amount  
Kombucha  
Mineral water  
Nut + seeds milks – as long as all ingredients are compliant, 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

## 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  
MSG  
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, MSG, sulfites, corn starch, soy lecithin, sulfur dioxide, stevia or monk fruit extract

**YOU TOTALLY  
GOT THIS!**