

WHOLE30[®] SHOPPING LIST

PROTEIN

- Air-chilled Organic Chicken
- Organic Turkey (Ground or Whole)
- Grass-fed Beef (Ground or Steak)
- Pork (Ground or Whole)
- Salmon
- Shrimp
- Pasture-Raised Eggs
- Pederson's Uncured Bacon

FRUITS/VEGGIES

- Apples
- Avocado
- Banana
- Bell Peppers
- Broccoli
- Cauliflower
- Celery
- Grapes
- Green Beans
- Lettuce: Bibb, Butter, Romaine, etc.
- Leafy Greens: Spinach, Kale or Arugula
- Oranges
- Potatoes: All varieties
- Snow/Sugar Snap Peas
- Winter Squash: Acorn, Butternut, Spaghetti, etc.

FATS

- Primal Kitchen Original Avocado Mayo
- Primal Kitchen Ranch Avocado Dressing
- Sprouts Coconut Cream (Canned)
- Sprouts Extra Virgin Olive Oil
- Sprouts Grass-fed Ghee
- Sprouts Organic MCT Oil

BULK

- Almond Butter
- Almond Flour
- Almonds
- Cashews
- Cayenne Pepper
- Flax Seeds
- Garlic Powder
- Ground Cinnamon
- Onion Powder
- Organic Raw Sunflower Seeds
- Raisins
- Sea Salt
- Unsweetened Coconut Flakes

GROCERY AISLES

- Bulletproof Brain Octane Oil
- Big Tree Farms Organic Coco Aminos
- DNX Chicken, Beef or Bison bars
- Epic Sea Salt & Pepper Venison Bar
- Kettle & Fire Chicken Bone Broth
- Nick's Sticks Grass Fed Beef Stick
- Primal Kitchen Organic Unsweetened Classic BBQ Sauce
- Sprouts 100% Avocado Oil Cooking Spray
- Sprouts Organic Balsamic Vinegar
- Sprouts Organic Medium Salsa
- Sprouts Organic Paleo Blend Spice
- Sprouts Organic Pumpkin (Canned)
- Vital Proteins Unflavored Collagen Peptides

BEVERAGES

- Four Sigmatic Adaptogen Coffee Mix
- Sprouts 100% Coconut Water
- Sprouts Flavored Sparkling Water
- Nut Pods French Vanilla Creamer
- Sprouts Organic Ground Coffee



This list is not intended to be comprehensive. We've included popular Whole30 Approved and compliant items in each category. Use it as a starting point to build your custom Whole30 shopping list, writing in the specific items you need that don't appear on the list. Visit whole30.com for more details and resources.