



WHOLE 30 SHOPPING LIST



| MEAT & SEAFOOD | VEGETABLES | FRUITS (FRESH) | FATS & OILS |
|---|--|--|--|
| EGGS *preferably free run | <input type="checkbox"/> ARTICHOKE | <input type="checkbox"/> APPLES | <input type="checkbox"/> ANIMAL FATS |
| MEAT* preferably grass-fed | <input type="checkbox"/> ASPARAGUS | <input type="checkbox"/> APRICOTS | <input type="checkbox"/> AVOCADO OIL |
| BACON (nitrate-free) | <input type="checkbox"/> BEETS | BANANAS / PLAINAINS | <input type="checkbox"/> CLARIFIED BUTTER |
| BEEF | <input type="checkbox"/> BOK CHOY / GAI LAN / MUSTARD GREENS | <input type="checkbox"/> BERRIES – ALL | <input type="checkbox"/> GHEE |
| POULTRY: CHICKEN / DUCK/ TURKEY | <input type="checkbox"/> BROCCOLI / BROCCOLI RABE | <input type="checkbox"/> CHERRIES | <input type="checkbox"/> COCONUT MEAT & OIL |
| ORGAN MEATS – LIVER / KIDNEY ETC. | <input type="checkbox"/> CABBAGE | <input type="checkbox"/> CITRUS – ALL | <input type="checkbox"/> EXTRA-VIRGIN OLIVE OIL |
| PORK | <input type="checkbox"/> CARROTS / PARSNIPS / RADISH / TURNIP / RUTABEGA | <input type="checkbox"/> DATES / FIGS | <input type="checkbox"/> NUTS (BUTTERS) & SEEDS (LIMIT) |
| DELI-MEATS ** preferably grass-fed & nitrate free | <input type="checkbox"/> CELERY / ANISE / FENNEL ROOT | <input type="checkbox"/> EXOTIC FRUITS / KIWI / MANGO / PAPAYA / PINEAPPLE | <input type="checkbox"/> ALMOND, BRAZIL NUTS, CASHEWS |
| SAUSAGE (APPLEGATE . TRADER JOE'S) | <input type="checkbox"/> CUCUMBER | <input type="checkbox"/> GRAPES – ALL | <input type="checkbox"/> MACADAMIA, |
| SEAFOOD *preferably wild-caught | <input type="checkbox"/> EGGPLANT / ZUCCHINI | <input type="checkbox"/> MELONS - ALL | <input type="checkbox"/> PECANS, |
| FISH, COD, HALIBUT, | <input type="checkbox"/> CUCUMBER | <input type="checkbox"/> NECTARINES | <input type="checkbox"/> PISTACHIOS |
| SALMON, SNAPPER, | <input type="checkbox"/> GREEN BEANS | <input type="checkbox"/> PEACHES | <input type="checkbox"/> WALNUTS |
| TROUT, TUNA | <input type="checkbox"/> KALE / ALL LEAFY GREENS | <input type="checkbox"/> PEARS | <input type="checkbox"/> CHIA SEEDS |
| SHELLFISH: SHRIMP, SCALLOPS ETC. | <input type="checkbox"/> LETTUCE – ARUGULA - SPINACH | <input type="checkbox"/> PLUMS | <input type="checkbox"/> HEMP SEEDS |
| DRINKS: | <input type="checkbox"/> PEAS – SNOW / SUGAR / SNAP | <input type="checkbox"/> POMEGRANATES | <input type="checkbox"/> SESAME SEEDS |
| CARBONATED WATER / COCONUT WATER | <input type="checkbox"/> TOMATO | <input type="checkbox"/> WATERMELON | <input type="checkbox"/> SUNFLOWER SEEDS |
| COFFEE, TEA, PURE FRUIT JUICE | <input type="checkbox"/> SQUASH – ALL / PUMPKIN / ACORN | <input type="checkbox"/> | <input type="checkbox"/> PUMPKIN SEEDS |