

# WHOLE 30 SHOPPING LIST

Note: This is just my regular shopping list - there's plenty more foods that are whole 30 approved that you can buy!

## VEGETABLES

Kale  
Onions  
Broccoli  
Asparagus  
Cauliflower  
Cucumbers  
Brussels Sprouts  
Romaine Lettuce  
Assorted Peppers  
Cremini Mushroom  
Spaghetti Squash  
Potatoes  
Shallots  
Snow Peas  
Spinach  
Sweet Potato  
Tomato  
Zucchini

## FRUITS

Limes  
Apples  
Lemons  
Bananas  
Oranges  
Grapefruit  
Blueberries  
Raspberries  
Blackberries  
Strawberries

## PROTEIN

Eggs  
Bacon  
Salmon  
Shrimp  
Chicken Breast  
Chicken Sausage  
Ground Turkey  
Ground Beef

## PANTRY ITEMS

Coconut Aminos  
Balsamic Vinegar  
Apple Cider Vinegar  
Chicken Broth  
Dijon Mustard  
Spicy Mustard  
Salsa  
Cholula  
Marinara Sauce (Check ingredients)

Canned Tuna  
Canned Chicken  
Banana Peppers

Unsweetened Coconut Flakes  
Almond Flour  
Tessamae's Dressings

## FATS

Ghee (Clarified Butter)  
Extra Virgin Olive Oil  
Toasted Sesame Oil  
Coconut Oil  
Bacon Fat (keep when cooking!)  
Olives (any)  
Almond Butter  
Avocado  
Pecans

## DRINKS

Tea  
Coffee  
Kombucha  
Sparkling Water  
Flavored Water (Naturally)  
Vegetable/Green Juices  
Fresh Juices