





# Shopping List



<b>Fats &amp; Oils</b> 	<b>Meats</b> <small>(all cuts allowed, except for processed meats containing non-compliant ingredients).</small> 	<b>Nuts &amp; Seeds</b> 	<b>Others</b> 
<ul style="list-style-type: none"> <li>Ghee (clarified butter) <input checked="" type="checkbox"/></li> <li>Olive oil <input checked="" type="checkbox"/></li> <li>Avocado oil <input checked="" type="checkbox"/></li> <li>Coconut oil <input checked="" type="checkbox"/></li> <li>Cocoa butter <input checked="" type="checkbox"/></li> <li>Coconut cream <input checked="" type="checkbox"/></li> <li>Bacon fat <input checked="" type="checkbox"/></li> <li>Duck fat <input checked="" type="checkbox"/></li> <li>Lard <input checked="" type="checkbox"/></li> <li>Tallow <input checked="" type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Beef   all cuts <input checked="" type="checkbox"/></li> <li>Chicken   all cuts <input checked="" type="checkbox"/></li> <li>Pork   all cuts <input checked="" type="checkbox"/></li> <li>Fish   all cuts <input checked="" type="checkbox"/></li> <li>Shellfish   all types <input checked="" type="checkbox"/></li> <li>Lamb   all cuts <input checked="" type="checkbox"/></li> <li>Veal   all cuts <input checked="" type="checkbox"/></li> <li>Turkey   all cuts <input checked="" type="checkbox"/></li> <li>Eggs <input checked="" type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Almonds <input checked="" type="checkbox"/></li> <li>Macadamia nuts <input checked="" type="checkbox"/></li> <li>Pine nuts <input checked="" type="checkbox"/></li> <li>Brazil nuts <input checked="" type="checkbox"/></li> <li>Pecans <input checked="" type="checkbox"/></li> <li>Cashews <input checked="" type="checkbox"/></li> <li>Hazelnuts <input checked="" type="checkbox"/></li> <li>Pistachios <input checked="" type="checkbox"/></li> <li>Walnuts <input checked="" type="checkbox"/></li> <li>All nut butters (except peanut butter) <input checked="" type="checkbox"/></li> <li>Flax seeds <input checked="" type="checkbox"/></li> <li>Chia seeds <input checked="" type="checkbox"/></li> <li>Sesame seeds <input checked="" type="checkbox"/></li> <li>Pumpkin seeds <input checked="" type="checkbox"/></li> <li>Sunflower seeds <input checked="" type="checkbox"/></li> <li>All seed butters <input checked="" type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>Vinegar   all types (vinegar reductions may contain added sugar, so check the label) <input checked="" type="checkbox"/></li> <li>Herbs &amp; Spices (allspice, clove, nutmeg, sage, rosemary, peppermint, parsley, bay leaf, ginger, basil, dill, cumin, curry, pepper, fennel, tarragon, thyme, lavender, mustard, lemon grass, celery seed, cardamom, marjoram, red pepper flake, chives, cilantro, cinnamon, paprika, anise, spearmint, turmeric) <input checked="" type="checkbox"/></li> <li>Flavor extracts   like vanilla (even if they contain trace amounts of alcohol) <input checked="" type="checkbox"/></li> <li>Coffee <input checked="" type="checkbox"/></li> <li>Green, Black &amp; Herbal teas <input checked="" type="checkbox"/></li> <li>100% cocoa   powder or bar OK <input checked="" type="checkbox"/></li> <li>Unsweetened plant milks and dairy replacements (except soy, oat, or rice) <input checked="" type="checkbox"/></li> </ul>

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## Vegetables



Bell peppers	✓	Eggplant	✓	Spinach	✓
Bean sprouts	✓	Cabbage	✓	Lettuce	✓
Hot pepper	✓	Acorn squash	✓	Arugula	✓
Carrots	✓	Butternut squash	✓	Bok choy	✓
Parsnip	✓	Spaghetti squash	✓	Chard	✓
Radish	✓	Olives	✓	Kale	✓
Potato	✓	Peas	✓	Yellow squash	✓
Sweet potato	✓	Cauliflower	✓	Collard greens	✓
Asparagus	✓	Turnips	✓	Mustard greens	✓
Cucumber	✓	Celery	✓	Turnip greens	✓
Onions	✓	Green beans	✓	Tomato	✓
Garlic	✓	Mushrooms	✓	Artichokes	✓
Shallot	✓	Okra	✓		
Green onion	✓	Pumpkin	✓		
Broccoli	✓	Zucchini	✓		
Brussels sprouts	✓	Fennel	✓		

## Fruits



Strawberry	✓	Cantaloupe	✓
Raspberry	✓	Mango	✓
Cherry	✓	Apple	✓
Pineapple	✓	Banana	✓
Plum	✓	Avocado	✓
Plantain	✓	Blueberry	✓
Date	✓	Dried fruit (with no added sugar)	✓
Dragonfruit	✓	Fruit juice (only as a sweetener in other Whole30-compliant foods)	✓
Fig	✓		
Pear	✓		
Peach	✓		
Grape	✓		
Lemon	✓		
Lime	✓		
Orange	✓		
Watermelon	✓		