



NUTS & SEEDS

Look for: Raw seeds and nuts, or those roasted with salt or compliant oil.

Pumpkin seeds
Chia seeds
Sunflower seeds
Pistachios
Cashews
Almonds
Walnuts
Sliced almonds
Pine nuts
Pecans

DRIED FRUITS & SNACKS

Look for: Dried fruits with no ingredient other than the fruit. Healthy snacks with only a few ingredients, making sure they're compliant.

Crispy broccoli
Raisins
Apricots
Apple rings
Figs
Dates

SAUCES, OILS, CONDIMENTS & SPICES

Look for: Clean ingredient lists, sauces, healthy fats and oils, garnishes to add flavor and pizzaz to your dishes!

Coconut oil
Olive oil
Avocado oil
Kerrygold butter (to make ghee)
Chicken stock
Beef broth
Applesauce
Tomato paste
Pasta sauce
Peeled garlic
Minced garlic
Almond butter

Hot sauce
Olives
Roasted peppers
Sundried tomatoes in olive oil
Salsa
Spices

MEAT & PROTEIN

Look for: Fresh, frozen, canned, pre-cooked, cured.

Canned tuna or salmon
Pre-cooked chicken sausages
Frozen or fresh fish
Frozen or fresh red meat
Frozen or fresh chicken/poultry
Eggs

FRESH & FROZEN PRODUCE

Look for: Smaller bags of fresh produce; easy frozen options that can be cooked in smaller quantities. Any produce is game on Whole30- the more veggies the better!

BEVERAGES

Look for: Flavored seltzer with no added sweeteners.

LaCroix
Deer Park
San Pellegrino

FOOD STORAGE

Look for: Stackable, easy, dishwasher safe food storage containers.

(Hack: Label your leftovers with painter's tape and a permanent marker so you know what you have!)