



TRADER JOE'S®

WHOLE30®

NUTS & SEEDS

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

Chia seeds
Flax 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.

Raisins
Dates
Apricots
Rx Bars
Grainless Granola
Lara Bars

SAUCES, OILS, CONDIMENTS & SPICES

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

Coconut oil
Olive oil
Apple cider vinegar
Balsamic vinegar
Coconut aminos
Fish sauce
Diced tomatoes

Applesauce
Tomato paste
Hot sauce
Salsa
Spices
Chicken broth
Beef broth
Coconut flakes
Nut butters

MEAT & PROTEIN

Look for: Fresh and frozen options, sausages with compliant ingredients, grass-fed beef.

Pre-cooked Spicy Italian sausage
Sundried Tomato sausage
Grass-fed ground beef (fresh & frozen)
Grass-fed NY Strip steak (frozen)

FRESH & FROZEN PRODUCE

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

Riced cauliflower
Riced broccoli
Sweet potato ribbons
Cubed butternut squash
Organic salad greens
Frozen peppers and onions
Frozen cauliflower rice

BEVERAGES

Look for: Flavored seltzer with no added sweeteners.

Seltzer
Coconut water