

WHOLE30 PANTRY LIST

PROTEIN

**When choosing protein go for 100% pasture fed, free range, wild caught or organic.
Also avoid any processed meats with additives like sulfites, carrageenan, MSG and sugar.**

Bacon
Beef
Chicken
Deli meats
Eggs
Pork
Prawns/shrimp
Salmon
Sausages
Seafood (other)
Scallops
Turkey
Whitefish

WHOLE30 PANTRY LIST

FATS

Cooking oils and fats

Clarified Butter/Ghee
Duck Fat
Coconut Oil
Extra-Virgin Olive Oil
Lard
Tallow

Dressings oils and fats

Avocado
Avocado Oil
Coconut Butter
Coconut Milk
Coconut Flakes
Olives
Sesame Oil
Shredded Coconut

Nuts and seeds

Almonds
Almond Butter
Brazil Nuts
Cashews
Hazelnuts
Flax seeds
Macadamia Nuts
Pecans
Pepitas
Pine Nuts
Pistachios
Sesame seeds
Sunflower butter
Sunflower seeds
Walnuts

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FRUITS

All fruits are allowed on Whole30

Apples
Apricots
Banana
Blackberries
Blueberries
Cherries
Dates
Figs
Grapefruit
Grapes
Jicama
Kiwi
Lemons
Limes
Mangoes
Melon
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Pomegranate
Raspberries
Strawberries
Tangerines
Watermelon

WHOLE30 PANTRY LIST

DRINKS

Apple Cider
Cacao Drinks
Coconut Water
Coffee
Fruit Juice
Kombucha
Matcha
Mineral Water
Sparkling Water
Soda Water
Tea
Water
Vegetable Juice

WHOLE30 PANTRY LIST

PANTRY

Almond Flour
Apple Cider Vinegar
Arrowroot Powder
Balsamic Vinegar
Broth
Capers
Cocoa (100% Cacao)
Coconut Aminos
Coconut Flour
Dried Fruit
Fish Sauce
Herbs (dried)
Hot Sauce
Iodized Salt
Mayonnaise
Mustard
Pickles
Raisins
Red Wine Vinegar
Rice Wine Vinegar
Roasted Red Peppers
Salmon (tinned)
Sardines
Spices (all spices with the exception of ones with additives e.g. sugar)
Tapioca Starch
Tomato paste
Tomato crushed (tinned)
Tomato sun-dried
Tuna (tinned)
White Wine Vinegar

WHOLE30 FOODS LIST

VEGETABLES

Artichokes	Mushroom
Asparagus	Okra
Beetroot	Onions
Bok Choy	Parsnip
Broccoli	Potato
Brussels Sprouts	Radishes
Cabbage	Rocket
Capsicum	Rutabaga
Carrot	Rhubarb
Cauliflower	Snow Peas
Celery	Spinach
Chilli	Spring Onion
Cucumber	Sweet Potato
Eggplant	Pumpkin
Endive	Silverbeet
Fennel	Sugar Snap Peas
Garlic	Sprouts
Green Beans	Squash
Kale	Tomato
Lettuce	Turnip
Chard	Zucchini
Jalapeños	
Leeks	