

Stock Up for a Whole30® Shopping List



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| ☐ Salsa | ☐ Mustard |
| ☐ Avocado | ☐ White, red, balsamic and apple cider vinegars |
| ☐ Tomatoes, Cherry Tomatoes | ☐ Olives (check ingredients) |
| ☐ Red and White Onions | ☐ EVOO |
| ☐ Peppers | ☐ Coconut oil (tallow, ghee) |
| ☐ Celery | ☐ Shredded coconut |
| ☐ Green Onions | ☐ Coconut milk |
| ☐ Cauliflower (try colors!) | ☐ Spaghetti sauce with no sugar |
| ☐ Pea Pods | ☐ Canned tomato sauce, paste, diced tomatoes (check ingredients for sugar) |
| ☐ Radishes | ☐ Eggs |
| ☐ Carrots | ☐ Homemade chicken stock |
| ☐ Cucumbers | ☐ Ground meat (beef, pork, chicken) |
| ☐ Mushrooms | ☐ Chicken (whole, thighs, breast) |
| ☐ Zucchini (try zoodles!) | ☐ Frozen wild salmon |
| ☐ Lettuce | ☐ Canned wild salmon |
| ☐ Other Greens (kale, Swiss Chard, spinach, Bok choy – frozen and fresh) | ☐ Canned tuna fish |
| ☐ Cabbage | ☐ Well-sourced sausages without sweetener or corn filler (ALDI and Costco often have them, but read ingredients) |
| ☐ Potatoes, Sweet Potatoes | ☐ Chuck roast |
| ☐ Squash/Pumpkin | ☐ Pork shoulder roast |
| ☐ Spaghetti Squash | ☐ Splurge sometimes on prosciutto or Whole30 approved bacon |
| ☐ Frozen Veggies: Broccoli, Green Beans | ☐ Nuts of all kinds (make into crispy nuts) |
| ☐ Other veggie options include: Parsnips, Turnips, Rutabaga, Fennel Celery Root, Leeks | ☐ Nut butters |
| ☐ Cilantro | ☐ Dried fruits (remember not too many) |
| ☐ Lemons/Limes | ☐ Fennels spices, etc. (for sausage seasoning) |
| ☐ Bananas | ☐ Adobo spices (for guacamole) |
| ☐ Frozen Berries | ☐ Collagen |
| ☐ Other whole fruits, especially green apples | |
| ☐ Frank's hot sauce | |

What can you make with all of these ingredients? Here are some great ideas from [Kitchen Stewardship!](#)

[Whole30® Basic Meal Plans](#)

[Veggie Side Dishes](#)

Kitchenstewardship.com