

WHOLE30

Grocery List

MSMODIFY.COM

PROTEIN

Beef (ground)	Eggs
Beef (steak)	Salmon
Beef (other)	Scallops
Chicken (breast/thigh)	Shrimp
Chicken (sausage)	Seafood (other)
Chicken (whole)	Pork (ground)
Turkey (ground)	Pork (chops)
Turkey (whole)	Prok (sausage)
Deli Meat	

VEGETABLES

Artichoke	Celery
Asparagus	Eggplant
Beets	Garlic
Bell Pepper	Green Beans
Bok Choy	Kale
Brussels Sprouts	Lettuce
Butternut Squash	Mushrooms
Cabbage	Onions
Carrots	Potatoes
Cauliflower	Zucchini

FRUIT

Apples	Mango
Apricots	Melon
Bananas	Nectarines
Berries	Oranges
Cherries	Papaya
Dates	Peaches
Figs	Pears
Grapes	Pineapples
Kiwi	Plums
Lemon	Tangerines

OILS/FATS/NUTS/SEEDS

Coconut Oil	Almond Butter
Extra-Virgin Olive Oil	Pecans
Avocado Oil	Pistachio
Ghee	Flax Seeds
Avocado	Pumpkin Seeds
Coconut Butter	Sesame Seeds
Coconut Meat	Walnuts
Cashews	Sunflower Seeds
Macadamia Nuts	
Almonds	

PANTRY

Apple Cider Vinegar	Canned Veggies
Balsamic Vinegar	Canned Tuna
Beef Broth	Coconut Aminos
Chicken Broth	Coconut Milk
Hot Sauce	Coconut Flour
Red Wine Vinegar	Almond Flour
Sun-Dried Tomatoes	Dried Fruit
Tomato Paste	
Tomatoes (canned/diced)	
Vegetable Broth	

DRINKS

Water!
Club Soda
Coconut Water
Coffee
Kombucha
Mineral Water
Sparkling Water
Tea
Vegetable Juice