

Metabolic Reset

Shopping List

PROTEIN

✓ Best choice: look for Whole30 Approved® or words like 100% grass-fed, pastured, wild-caught, and organic on the label.

✗ Avoid: processed meats (like sausage, burgers, bacon, deli meat, etc.) with added sugar, carrageenan, MSG, or sulfites.

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|---|--|---|--|---|
| <input type="checkbox"/> Anchovies | <input type="checkbox"/> Clams | <input type="checkbox"/> Mussels | <input type="checkbox"/> Salmon | <input type="checkbox"/> Turkey (whole) |
| <input type="checkbox"/> Beef (ground) | <input type="checkbox"/> Cod | <input type="checkbox"/> Mutton | <input type="checkbox"/> Sardines | <input type="checkbox"/> Venison |
| <input type="checkbox"/> Beef (other) | <input type="checkbox"/> Deli Meat | <input type="checkbox"/> Octopus | <input type="checkbox"/> Scallops | (and other game meats) |
| <input type="checkbox"/> Beef (steak) | <input type="checkbox"/> Duck | <input type="checkbox"/> Oysters | <input type="checkbox"/> Seafood (other) | <input type="checkbox"/> Whitefish |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Eggs | <input type="checkbox"/> Pork (bacon) | <input type="checkbox"/> Shrimp | |
| <input type="checkbox"/> Carne seca (jerky) | <input type="checkbox"/> Flounder | <input type="checkbox"/> Pork (chops) | <input type="checkbox"/> Snapper | |
| <input type="checkbox"/> Chicken (breast/thigh) | <input type="checkbox"/> Lamb | <input type="checkbox"/> Pork (ground) | <input type="checkbox"/> Squid | |
| <input type="checkbox"/> Chicken (ground) | <input type="checkbox"/> Liver and other organ meats | <input type="checkbox"/> Pork (sausage) | <input type="checkbox"/> Trout | |
| <input type="checkbox"/> Chicken (sausage) | (beef, pork, turkey, etc.) | <input type="checkbox"/> Roe | <input type="checkbox"/> Turkey (ground) | |
| <input type="checkbox"/> Chicken (whole) | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Sablefish | <input type="checkbox"/> Turkey (other) | |

VEGETABLES

This is a comprehensive but not exhaustive list. All vegetables but corn and lima beans are Whole30 compatible.

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|--|---|--|---|-----------------------------------|
| <input type="checkbox"/> Acorn squash | <input type="checkbox"/> Cassava | <input type="checkbox"/> Hearts of palm | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Jalapeño/hot peppers (all) | <input type="checkbox"/> Radish | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Celery | <input type="checkbox"/> Jicama | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Chard | <input type="checkbox"/> Kale | <input type="checkbox"/> Romaine | |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Chayote | <input type="checkbox"/> Leeks | <input type="checkbox"/> Rutabaga | |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Lettuce (all) | <input type="checkbox"/> Sassafras | |
| <input type="checkbox"/> Bok choy | <input type="checkbox"/> Delicata squash | <input type="checkbox"/> Mushrooms (all) | <input type="checkbox"/> Shallots | |
| <input type="checkbox"/> Broccoli rabe | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Nopal | <input type="checkbox"/> Snow/sugar snap peas | |
| <input type="checkbox"/> Broccoli/broccolini | <input type="checkbox"/> Endive | <input type="checkbox"/> Nori | <input type="checkbox"/> Spaghetti squash | |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Fennel (anise) | <input type="checkbox"/> Okra | <input type="checkbox"/> Spinach | |
| <input type="checkbox"/> Buttercup squash | <input type="checkbox"/> Frisée (curly endive) | <input type="checkbox"/> Onion | <input type="checkbox"/> Sprouts | |
| <input type="checkbox"/> Butternut squash | <input type="checkbox"/> Garlic | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Summer squash | |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Green beans | <input type="checkbox"/> Peas (green, yellow, split) | <input type="checkbox"/> Sweet potato/yams | |
| <input type="checkbox"/> Calabaza | <input type="checkbox"/> Greens (beet, collard, dandelion, mustard, turnip, etc.) | <input type="checkbox"/> Potatoes (all) | <input type="checkbox"/> Swiss chard | |
| <input type="checkbox"/> Callaloo | | | | |
| <input type="checkbox"/> Carrots | | | | |

FRUIT

This is a comprehensive but not exhaustive list. All fruit is Whole30 compatible

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|---------------------------------------|--|--------------------------------------|--|
| <input type="checkbox"/> Apples (all) | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Papaya | <input type="checkbox"/> Salmonberries |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Grapes (all) | <input type="checkbox"/> Pawpaw | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peaches | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Pears (all) | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Lemon | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Xoconostle |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lime | <input type="checkbox"/> Pineapple | |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Mango | <input type="checkbox"/> Plantains | |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Melon | <input type="checkbox"/> Plum | |
| <input type="checkbox"/> Elderberries | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Pomegranate | |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Oranges (all) | <input type="checkbox"/> Raspberries | |

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Shopping List

FATS

COOKING FAT

- Clarified butter
- Coconut cream
- Coconut milk
- Coconut oil
- Duck fat
- Extra-virgin olive oil
- Ghee
- Lard (pork fat)
- Palm oil
- Tallow (beef fat)

EATING/DRESSING

- Avocado
- Avocado oil
- Coconut butter
- Coconut (flakes, shredded)
- Coconut milk (canned)
- Light olive oil
- Olives
- Sesame oil

NUTS & SEEDS

- Acorns
- Almond butter
- Almonds
- Brazil nuts
- Cashews
- Cashew butter
- Flaxseeds
- Hazelnuts/filberts
- Macadamia nuts
- Macadamia butter
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds/pepitas
- Sesame seeds
- Sesame seed butter (tahini)
- Sunflower seed butter
- Sunflower seeds
- Walnuts

HERBS + SPICES

- Allspice
- Basil
- Bay leaves
- Black pepper
- Black peppercorns
- Cayenne
- Chili powder
- Chipotle powder
- Chives

- Cilantro
- Cinnamon
- Cloves (ground)
- Coriander
- Cumin
- Curry powder (red/yellow)
- Dill
- Garlic powder
- Ginger

- Ground cloves
- Lemongrass
- Mustard powder
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Parsley
- Red pepper flakes

- Rosemary
- Sage
- Salt (iodized/sea salt)
- Tarragon
- Thyme
- Turmeric
- Vanilla extract
- Wasabi powder

PANTRY

- Almond flour
- Anchovy paste
- Apple cider vinegar
- Arrowroot powder
- Balsamic vinegar
- Beef broth
- Beet kvass
- Black garlic
- Canned butternut squash
- Canned olives

- Canned pumpkin
- Canned salmon
- Canned sweet potato
- Canned tuna
- Capers
- Chicken broth
- Cocoa (100% cacao)
- Coconut aminos
- Coconut flour
- Coconut milk
- Dried cranberries

- Dried fruit
- Fish broth
- Fish sauce
- Hot sauce
- Kimchi
- Mustard
- Orange blossom water
- Pickles
- Preserved lemons
- Raisins

- Sauerkraut
- Red wine vinegar
- Rice vinegar
- Roasted red peppers
- Sardines
- Tajín
- Tapioca starch
- Tomato paste
- Tomatoes (diced/crushed)
- Tomatoes (sun-dried)
- Vegetable broth
- White vinegar

BEVERAGES

- Apple cider
- Cacao (100%) drinks
- Club soda
- Coconut water
- Coffee

- Fruit juice
- Kombucha
- Mineral water
- Naturally flavored water
- Seltzer water

- Sparkling water
- Tea
- Vegetable juice

- Spindrift
- Humm Kombucha W30
- Shrubby(lemon-ginger or Aronia)
- Waterloo