### VEGETABLES
Artichoke  
Arugula  
Asparagus  
Beets  
Broccoli  
Brussels  
Bok Choy  
Cabbage  
Carrots  
Cauliflower  
Chard  
Cucumber  
Eggplant  
Fennel  

### Fruits  
Apple  
Apricot  
Avocado  
Banana  
Berries  
Cherry  
Citrus  
Coconut  
Date  
Fig  
Grapes  

### HERBS & SPICES
Basil  
Bay leaf  
Chives  
Cilantro  
Cinnamon  
Dill  
Ginger  
Garlic  
Kiwi  
Mango  
Melons  
Peach  
Pear  
Persimmon  
Plum  
Pineapple  
Pomegranate  
Watermelon  

### PROTEINS
Beef (including jerky)  
Bison  
Chicken  
Duck  
Eggs  
Lamb  
Shellfish & fish  
Pork  
Turkey  
Venison  

### FATS
Avocado oil  
Beef tallow  
Chicken fat  
Coconut oil  
Nuts & seeds  
Olive oil  
Palm oil  
Ghee, etc.  

### PANTRY
Apple cider vinegar  
Coconut flour  
Tapioca starch  
& other cooking vinegars  
Arrowroot starch  
*Can be used in cooking, but no treats are allowed.  

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# Whole30 Food List

## Foods to Avoid

### Gluten & Grains
- Amaranth
- Barley
- Buckwheat
- Bulger
- Corn
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Sorghum
- Spelt
- Wheat

### Dairy
- Butter
- Cheese
- Cream
- Milk
- Yogurt

### Legumes
- Black beans
- Chickpeas
- Cocoa
- Fava beans
- Kidney beans
- Lentils
- Lima beans
- Peanut
- Soybeans

### All Alcohol
- Cornstarch
- Carrageenan
- Guar Gum
- Malt flavorings
- MSG
- Sulfites
- Soy
- Syrups
- Xanthan Gum

### Additives
- Cane sugar
- Coconut sugar
- Brown Sugar
- Honey
- Maple syrup
- Stevia
- White Sugar
- Treats & baked goods of any kind

### Sugar & Treats
- Cane sugar
- Coconut sugar
- Brown Sugar
- Honey
- Maple syrup
- Stevia
- White Sugar
- Treats & baked goods of any kind

### No Breaks Food
- Chips, pizza, fruit bars, baked goods, or any other food that goes against the Whole30 spirit of just eating real, whole foods for 30 days!

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