

WHOLE30 SHOPPING LIST

Trader Joe's

BY MONICA | THE MOVEMENT MENU



Be sure to always double check labels, as sometimes ingredients do change!

BEVERAGES

Carbonated Water

- San Pellegrino
- Sparkling spring water

Coconut Water (keep an eye out for added sugar!)

- Zico
- Fresh coconut water

Tea and Coffee (seek out organic whenever possible!)

FRESH MEAT / POULTRY / EGGS

Organic, grassfed & free-range options are your best choice. However, if you are shopping on a budget, conventional meat, poultry & eggs are still Whole30 compliant!

Fresh Meat

- Organic grassfed ground beef (85/15)

Poultry

- Organic, skinless, boneless chicken breasts
- Organic free range chicken drumsticks & thighs
- Orange free-range whole chicken

Organic free-range eggs

Other

- Applegate hot dogs
- Garlic herb chicken sausage

FRESH PRODUCE

Vegetables

- Squash varieties (*acorn, butternut, spaghetti, delicata*)
- Greens (*arugula, kale, spinach, chard, collard greens*)
- Asparagus
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cruciferous crunch
- Cucumber
- Eggplant
- Garlic
- Green beans
- Lettuce (*butter, red, romaine*)
- Mushrooms
- Onion
- Parsnips
- Pumpkin
- Shishito peppers
- Sugar snap peas
- Sweet potatoes
- Turnips
- Zucchini

Fruit

- Apricots
- Berries (*blackberries, blueberries, strawberries, raspberries*)
- Cherries
- Grapefruit
- Kiwi
- Lemons & limes
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranates
- Tangerines
- Tomatoes
- Watermelon

Pre-packaged

- Avocado's Number Guacamole
- Raw sauerkraut
- Riced cauliflower
- Shredded carrots
- Cut & trimmed beets
- Healthy 8 chopped veggie mix
- Organic broccoli slaw
- Pomegranate seeds
- Tahini sauce*
- Shredded brussels sprouts
- Pre-cut butternut squash
- Butternut squash zig-zags

FROZEN

Fruit

- Berries (*blackberries, blueberries, strawberries, raspberries*)
- Figs
- Mango
- Pineapple

Vegetables

- Organic riced cauliflower
- Kale
- Spinach
- Eggplant
- Zucchini
- Organic broccoli florets
- Harvest hodgepodge
- Fire roasted bell peppers & onions
- Melange a trois (*red, yellow & green bell peppers*)
- Mashed sweet potatoes
- Grilled cauliflower
- Hatch chiles

Protein

- Wild Alaskan Sockeye salmon fillets
- Wild-caught sablefish (*black cod*)
- Wild dover sole
- Seafood blend
- Wild blue shrimp
- Grassfed angus beef burgers
- Grassfed angus beef
- Grassfed angus beef strip loin steak

NUTS, SEEDS & DRIED FRUIT

Nuts (Raw is best! Roasted

sometimes has non-compliant oil added)

- Almonds~
- Brazil nuts~
- Cashews
- Macadamia nuts
- Pecans~
- Pistachios~
- Pine nuts*
- Walnuts*

Seeds

- Chia seeds*
- Flax seeds*
- Pumpkin seeds*
- Raw shelled hemp seeds
- Sesame seeds*
- Sunflower seeds*

Dried Fruit*

Use in limited quantities and not to feed your sugar dragon!

- Apples
- Cherries
- Mango
- Pineapple

Freeze-Dried Fruit

- Strawberries
- Blueberries
- Raspberries
- Jackfruit
- Mango
- Banana

PANTRY STAPLES

Snacks

- Roasted coconut chips
- Just beets
- Plantain chips

Canned

- Sardines in olive oil & spring water
- Wild caught salmon & tuna
- Oysters
- Tomatoes (*diced, paste & sauce with no sugar added*)

Sauces & Condiments

- Capers
- Olives (*be sure to check labels for added glucose!*)
- Organic vegetable broth
- Red Boat fish sauce
- Sundried tomatoes

Cooking Fats & Oils

- Clarified butter
- Coconut oil
- Extra-virgin olive oil
- Balsamic vinegar
- Apple cider vinegar

- Organic coconut milk
- Sardines in olive oil & spring water
- Tuscano marinara sauce
- Serrano salsa
- Organic tomatillo salsa
- Salsa verde
- Roasted garlic salsa

Nut Butters

- Almond butter~
- Cashew butter
- Sunflower seed butter*

* = limit / ~ = occasional