

WHOLE30 SHOPPING LIST

TRADER JOE'S

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 & 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 grass-fed ground beef (85/15)

POULTRY

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

FREE-RANGE EGGS &

- > Applegate hot dogs
- > Garlic herb chicken sausage

FRESH PRODUCE

VEGETABLES

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

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
- > Riced broccoli

FROZEN

FRUIT

- > Berries (blackberries, blueberries, strawberries, raspberries)
- > Fig
- > 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 have 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
- > 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
- > lackfruit
- > Mango
- > Banana

PANTRY STAPLES

CANNED

- > Sardines in olive oil & spring water
- > Wild caught salmon & tuna
- > Oysters
- > Tomatoes (diced, poste & 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

- > Ghee
- > Coconut oil
- > Avocado 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*

*= limit