



Point1 recommends eating a whole-foods diet, for optimal health and nutrition. Try sticking to only the items contained in the list below, which is based upon the Whole30® shopping list, unless you have dietary or religious restrictions.

## PROTEIN

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

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

## VEGETABLES

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

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

## FRUIT

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



## FATS

### COOKING FAT

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

### EATING/DRESSING

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

### NUTS & SEEDS

Acorns  
Almond butter  
Almonds  
Brazil nuts  
Cashew butter  
  
Flaxseeds  
Hazelnuts/filberts  
Macadamia nuts  
Macadamia butter  
  
Pecans  
Pine nuts  
Pistachios  
Pumpkin seeds/pepitas  
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  
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 Rice  
White vinegar

## DRINKS

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



## SEED OILS

Check the ingredient labels.

Try to consume **ABSOLUTELY ZERO** seed oils, if at all possible. However, if you are eating in restaurants, it is practically impossible to avoid them. Restaurants use a ton of them. They are in just about all processed and packaged goods too. They are extremely detrimental to our health.

**The main seed oils, which to avoid, are:**

- ♦ **Soybean Oil**
- ♦ **Canola Oil (aka Rapeseed)**
- ♦ **Vegetable Oil**
- ♦ **Corn Oil**
- ♦ **Peanut Oil**
- ♦ **Sunflower Oil**
- ♦ **Safflower Oil**
- ♦ **Grapeseed Oil**
- ♦ **Cottonseed Oil**
- ♦ **Sesame Oil**
- ♦ **Rice Bran Oil**