



**TRADER JOE'S®**

**WHOLE30®**

### **NUTS & SEEDS**

Look for: Raw seeds and nuts, or those roasted with salt or compliant oil.

Chia seeds  
Flax seeds  
Pistachios  
Cashews  
Almonds  
Walnuts  
Sliced almonds  
Pine nuts  
Pecans

### **DRIED FRUITS & SNACKS**

Look for: Dried fruits with no ingredient other than the fruit. Healthy snacks with only a few ingredients, making sure they're compliant.

Raisins  
Dates  
Apricots  
Rx Bars  
Grainless Granola  
Lara Bars

### **SAUCES, OILS, CONDIMENTS & SPICES**

Look for: Clean ingredient lists, sauces, healthy fats and oils, garnishes to add flavor to your dishes!

Coconut oil  
Olive oil  
Apple cider vinegar  
Balsamic vinegar  
Coconut aminos  
Fish sauce  
Diced tomatoes

Applesauce  
Tomato paste  
Hot sauce  
Salsa  
Spices  
Chicken broth  
Beef broth  
Coconut flakes  
Nut butters

### **MEAT & PROTEIN**

Look for: Fresh and frozen options, sausages with compliant ingredients, grass-fed beef.

Pre-cooked Spicy Italian sausage  
Sundried Tomato sausage  
Grass-fed ground beef (fresh & frozen)  
Grass-fed NY Strip steak (frozen)

### **FRESH & FROZEN PRODUCE**

Look for: Fresh produce; easy frozen options that can be cooked in smaller quantities. Any produce is game on Whole30- the more veggies the better!

Riced cauliflower  
Riced broccoli  
Sweet potato ribbons  
Cubed butternut squash  
Organic salad greens  
Frozen peppers and onions  
Frozen cauliflower rice

### **BEVERAGES**

Look for: Flavored seltzer with no added sweeteners.

Seltzer  
Coconut water