



Your healthy eating pantry (and fridge) are not complete without these staple items, easily found in most health food stores. Read your labels here too! Do your best to avoid added sugar, soy, carrageenan, MSG, sulfites, or other less healthy ingredients.

## PANTRY ITEM

## HELPFUL HINTS

Almond flour	Use almond flour/meal to thicken a sauce, or to coat meat before baking.
Applesauce	Unsweetened brands, like <a href="#">Santa Cruz Organics</a> .
Beef or chicken broth	Some <a href="#">Imagine</a> broths are Whole30-friendly, or make your own using our Meal Map.
Butter (clarified) or ghee	Go pastured and organic - we love Whole30 Approved <a href="#">Pure Indian Foods</a> ghee.
Canned meats (salmon, tuna, chicken)	Read your labels – no soy, sugar or other less healthy ingredients.
Canned vegetables (sweet potato, squash, pumpkin)	The only ingredient should be the vegetable itself (and maybe water).
Cocoa (or 100% cacao)	100% cocoa or cacao adds flavor to meals and sauces. Treat it like a spice.
Coconut aminos	From <a href="#">Coconut Secret</a> : Whole30-friendly, found in the soy sauce aisle.
Coconut butter	Also called “creamed coconut” or “coconut manna.” Try <a href="#">Artisana</a> brand.
Coconut (flaked or shredded)	Great for snacking or in recipes - buy organic to avoid added sulfites.
Coconut milk	Get the full fat version - no sulfites. Try <a href="#">Thai Kitchen</a> or <a href="#">Whole Foods 365</a> .
Coconut oil	Look for the unrefined kind – organic isn’t important here.
Curry paste	Red, green, or yellow will spice up our Meal Map curries. Try <a href="#">Thai Kitchen</a> brand.
Fish sauce	Watch for added sugar here! We like Whole30 Approved <a href="#">Red Boat Fish Sauce</a> .
Hot sauce	Try <a href="#">Cholula</a> original, or Whole30 Approved <a href="#">Horsetooth Hot Sauce</a> .
Jerky	Try grass-fed, organic, Whole30 Approved <a href="#">Primal Pacs</a> or <a href="#">Gourmet Grassfed</a> .
Mustard	Read your labels - no added sugar, corn starch, maltodextrin, etc.
Nuts and seeds	Raw or dry-roasted, salt is optional.
Nut butters	Look for no added sugar, like Whole30-friendly <a href="#">Organic Sunbutter</a> .
Olives (black, green, etc.)	Any variety, canned or fresh - as long as there are no added sulfites.
Olive oil	Extra-virgin for dressings, sauces, and cooking; light for our Meal Map mayo.
Pickles, relish, diced green chiles, capers, etc.	Add spice and flavor to meals and sauces - as always, but read your labels.
Raisins, currants, dried figs, etc.	A little goes a long way to flavor a dish or add some sweetness – use sparingly.
Sesame oil	On our “limit” list, but a small amount can add lots of flavor.
Tomatoes (crushed, paste)	The best ingredient list would read just “tomatoes,” like <a href="#">Pomi</a> brand.
Vinegar (balsamic, cider, red wine, white, etc.)	All vinegar varieties (except for malt) are Whole30 permitted, even rice or wine.