

WHOLE30

UK SHOPPING LIST



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PROTEIN

Chicken
Turkey
Minced Beef/Lamb/Pork
Sausages (grain & sugar free)
Bacon (sugar & nitrate free)
Cooked Ham (sugar free)
Lamb/Pork/Beef Joint
Salmon
Cod
Haddock
Smoked Salmon
Prawns
Eggs

FRUIT

Apples	Melon
Bananas	Oranges
Blackberries	Peaches
Blueberries	Pears
Cherries	Pineapple
Dates	Plums
Grapefruit	Raspberries
Grapes	Strawberries
Kiwi	
Lemons	
Limes	
Mango	

OILS

Olive Oil
Extra Virgin Olive Oil
Coconut Oil
Clarified Butter

VEGETABLES

Aubergine	Kale
Avocado	Lettuce
Asparagus	Mushrooms
Beetroot	Onions
Broccoli	Parsnips
Butternut Squash	Peppers
Cabbage	Potatoes
Carrots	Spinach
Cauliflower	Sweet Potato
Celery	Tomatoes
Courgette	Turnips
Cucumber	
Garlic	
Green Beans	

STORE CUPBOARD

Cashew Nuts
Hazelnuts
Macadamia Nuts
Nut Butter (not peanut)
Dessicated Coconut
Coconut / Almond Flour
Cocoa Powder

Coconut Milk
Almond Milk
Coconut Water

Curry Paste
Chilli Sauce
Tinned Tomatoes / Passata
Olives
Red & White Wine Vinegar
Stock
Herbs & Spices