

WHOLE 30 walmart shopping LIST

protein

- Safe Catch Canned Tuna
- Chicken of the Sea Canned Pink Salmon
- Applegate Hot Dogs
- Aidells Chicken & Apple Sausages
- Del Duca Prosciutto
- Crescent Foods Antibiotic-Free Chicken
- Fresh, wild-caught fish
- Marketside Cage Free Eggs

frozen foods

- Great Value Whole 30 Frozen Meals
- Green Giant Riced Vegetables (Cauliflower, Broccoli, Beets, and Butternut Squash)
- Green Giant Spiral Vegetables (Zucchini, Beet, Butternut Squash)
- Great Value Frozen Fruit
- New World Farms Watermelon Balls
- Wild Alaskan Frozen Sockeye Salmon
- Great Value Frozen Tilapia
- Mr. Dell's Shredded Hash Browns
- Bonafide Bone Broth

pantry staples

- Rao's Marinara and Pasta Sauces
- Classico Riserva Sauces
- Sam's Choice Napoletana Pasta Sauce
- Mezzetta Sun Ripened Dried Tomatoes
- Great Value Tomato Sauce, Paste, Diced Tomatoes
- Sam's Choice Organic Vegetable Broth
- Swanson Organic Chicken Broth
- Libby's Pure Canned Pumpkin
- Bragg Apple Cider Vinegar
- Betterbody Foods Organic Chia Seeds
- Unsweetened Coconut Flakes
- Arrowhead Mills Organic Coconut Flour
- Hodgson Mills Almond Flour/Meal
- Canned Veggies
- Canned Jalapenos
- Canned Fruits (In 100% fruit juice)
- Spices

snacks

- Grass-Fed Beef Sticks
- RXBars (No peanut varieties)
- Lara Bars (No varieties w/ chocolate chips, no peanuts, no vanilla extract.)
- Mott's Unsweetened Applesauce
- Soldanza Plantain Chips

- Sunkist Freeze-Dried Mangos
- Nature's All Freeze-Dried Fruits (Pineapple, Strawberries, Banana)
- Raw Almonds Nuts
- Raw Cashews
- Raw Macadamia Nuts
- Raw Hazelnuts
- Fresh Produce (An apple a day...)

condiments

- Herdez Salsas
- Great Value Cantina Style Salsa
- Great Value Organic Dijon Mustard
- Great Value Organic Yellow Mustard
- Primal Kitchen Mayo
- Cholula Hot Sauce
- Frank's RedHot Sauce
- Tessemae's Sauces & Dressings
- Thai Kitchen Curry Pastes
- Marketside Pico de Gallo

healthy fats

- Primal Kitchen Avocado Oil
- California Extra Virgin Olive Oil
- Great Value Organic Coconut Oil
- Joyva Sesame Tahini
- Lee Kum Kee Sesame Oil
- Bertolli Extra Virgin Olive Oil Spray
- 4th & Heart Original Ghee
- Wholly Guacamole

beverages

- La Croix Sparkling Water
- Waterloo Sparkling Water
- Spindrift Sparkling Water
- Bubly Sparkling Water
- Flavored and Unflavored Perrier
- Arrowhead Sparkling Water (check flavors)
- Unflavored San Pellegrino
- Rethink Kids Water
- Hint Water
- Four Sigmatic Beverages
- Boxed Tea
- Peet's Coffee
- Kombucha
- Thai Kitchen Unsweetened Coconut Milk