



WHOLE30 CHEAT SHEET

We're here to make your Whole30 meal planning easy and delicious!

Use this sheet for tips on choosing what to buy and where to find Whole30-friendly* items. Look for indicators throughout the store.

Meal planning on a specialty diet can be difficult.
Consider these substitutions when planning your next meal:

IF YOU EAT THIS	SUBSTITUTE THIS
Pasta	Freshly spiralized butternut squash or zucchini "zoodles"
Rice	Freshly riced broccoli or cauliflower
Bread or crackers	Sliced, baked, or fried sweet potatoes and yams
Quick sugary snacks	Nutrition bars like RX, Larabar, and Epic bars
Salty potato or corn chips	Nuts, veggie or banana chips, and pork rinds
Sugar, corn syrup, artificial sweeteners, sugar alcohols	Fruit juices as a sweetener
Sugary soda	Unsweetened sparkling water, cold brew, and tea
Panko or bread crumbs	Nut meal breading such as Bob's Red Mill almond or tapioca flour
Dairy milk	Nut, hemp, or other non-dairy alternative milks
Butter	Clarified butter or ghee
Cheese	Almond ricotta or cashew nut cheese
Soy sauce	Non-soy based coconut aminos

*We use Whole30-friendly terminology to mean that the items or recipes are compliant based on the Whole30 Foundation Program Standards, which can be found at whole30.com/whole30-program-rules



WHERE TO FIND WHOLE30-FRIENDLY ITEMS

MEAT

Organic chicken
No sugar-added ground sausage
Grass-fed ground beef
Grass-fed beef roasts
Grass-fed steaks

SEAFOOD

Fresh wild-caught black cod
Fresh wild-caught halibut
Fresh wild-caught salmon

PRODUCE

Zucchini spirals
Butternut squash spirals
Fresh guacamole
Fresh leafy greens
Fresh berries
Sweet potatoes or yams

PREPARED DELI FOODS

Sliced Tuscan pork loin
Lemon-thyme cedar plank salmon
Mediterranean eggplant rounds
Sous vide egg bites
Hak's broths and ready-to-eat meals
Shrimp avocado ceviche

DAIRY

Nutpods dairy-free creamers
Purity Farm ghee (clarified butter)

FROZEN

Bone broths
Bonafide Keto broth cups

GROCERY

Raw nuts
Red Boat fish sauce
Coconut Secret aminos
Artisana raw coconut butter
Select Rao's homemade pasta sauces
Epic cooking oils
Bob's Red Mill alternate flours
Primal Kitchen oils and dressings
Apple cider vinegar
Wild Planet tuna

COLD DRINKS

No-sugar-added kombuchas
La Croix sparkling water

In addition to this list, be sure to check out tasty Whole30-friendly recipes on our website at www.metropolitan-market.com/recipes/whole30