

Alden's Apron

Whole30 Grocery Checklist + Tips

If you have access to a Trader Joe's, they are the best source for well-priced staples. They have the best prices I've found for whole nuts, nut meals (ground), nut butters, ghee (clarified butter), and oils. Other than that, you can coupon or shop around to find the products and stores that best fit your budget. You don't have to get everything all at once, this is just a general overview of what types of items we keep in rotation in our house during a Whole30 Challenge.

Groceries

Nut Products

- Cashews
- Almonds – sliced almonds for salads, whole or pieces (roasted and/or salted) for snacking
- Trader Joe's Brand Cashew Butter
- Cashew Meal
- Almond Meal
- Pecans/Pecan Meal/ Pecan bits
- Pumpkin seeds & sunflower seed

Fruit & Veggies

- Winter Squash, pre-cut butternut squash
- Lettuce/Spinach/Broccoli Slaw
- Apples
- Avocadoes & Guacamole
- Limes/Lemons
- Onions, tomatoes, other staples
- Lemon & Lime juice
- Oranges
- Frozen berries
- Potatoes: sweet, red, gold, fingerling, the sky's the limit

Meat & Protein

- Trader Joe's Frozen Chile Lime Chicken Patties (these will SAVE you in a pinch!)
- Decently priced frozen chicken tenders (to make oven fried chicken with the cashew or almond meal)
- Nitrate, nitrite, sugar-free bacon (Trader Joe's Bacon Pieces pack is a great deal)
- Pork, beef, chicken – whatever you want to cook and eat!
- Eggs – you'll eat and use loads, so buy the big pack

Helpful Cooking Extras

(if Trader Joe's is mentioned, it's the best deal)

- Trader Joe's Brand Ghee
- Trader Joe's Brand Coconut Oil
- Trader Joe's Brand Olive Oil
- Trader Joe's Brand Coconut milk (in a can)
- Trader Joe's Brand Chicken Stock
- Trader Joe's Brand Beef Stock
- Cacao powder (I like to use it in chili & in rubs for ribs, chicken, etc.)
- Salsa
- Bragg's Apple Cider Vinegar
- Basic Spices: cinnamon, garlic powder, paprika, Italian blend, Herbs de Provence, chili powder, mustard powder, cumin
- Pink Salt
- Avocado oil (for the best mayo)
- Extra Spices: turmeric, curry powder, powdered clove, nutmeg, sage, onion powder, smoked salt, white pepper
- White Vinegar
- 100% Cherry and/or Pomegranate Juice (use for salad dressings & other stuff)
- Dried figs, dates, or berries for a sweet, indulgent treat (make sure to check that there is no added sweetener)

Alden's 10 Cents

Whole30 Tips

- Potatoes! Cook them, eat them, make mashed potatoes
- Homemade mayo makes everything amazing
- Get or make salsa you like – put it on everything; make guacamole
- Make sure your arsenal of spices is full: I especially recommend Mesquite Smoked Salt, good Chili Powder, Paprika, the garlic in the tube from the cold section, Herbs de Provence, Garlic Powder, White Pepper, Rosemary, Italian seasoning, plus herb blends you love
- Buying La Croix flavored sparkling water in a flavor you like really satisfies the need for a fun drink or a sweet treat - (I make spritzers with the 100% juice)

Thoughts on Whole30

- It's not so much about following a special plan, its more about being intentional about breaking food habits/addictions.
- This isn't a diet, it's a 30 day food challenge – think of it that way, and it'll be so much easier.
- Don't obsess over the scale – if your only motivation is weight loss, this might not be the plan for you. If you want to increase your health, learn what foods do and don't work for your body, break bad habits, form great new habits, *and* lose some weight, then welcome to the Whole30 club!
- Good or homemade salad dressing is the only thing that makes eating so much salad tolerable.
- Set milestones at 1 week intervals, but redo's at 1 day intervals. So if you mess up one day, I would just make sure not to mess up the next. Don't let one bad day or one slip up ruin the whole week/plan.
- I recommend coupling Whole30 with the Kimberly Snyder food-order technique. This helps promote digestion, & reduces puffiness, bloating, and gas:
<http://kimberlysnyder.com/blog/2015/06/25/the-beauty-food-pairing-cheat-sheet-infographic/>
- Weeks 1 and 2 are tough, but into weeks 3 and 4 you'll start feeling very healthy, but beware the cravings at the end (refer to the Whole30 timeline to better understand:
<http://whole30.com/2013/08/revised-timeline/> Day 21 really is hard!)
- It helps to post Whole30 printouts around the house. Get them here: <http://whole30.com/pdf-downloads/>

Whole30 Resources

- Whole30 website: <http://www.whole30.com>
- Great recipes: <http://www.nomnompaleo.com>
- And, of course, *Alden's Apron*: <http://www.aldensapron.com>