

P A N T R Y

Restocking your pantry for the Whole30 can be a little overwhelming, so we created this list comprised of common items that we use in many of our recipes and have on hand in our pantry. It is a bit of an investment to restock your pantry with clean versions of these ingredients, so you can purchase them all at once or buy as you go, whatever makes most sense for you and your family.

Canned Goods

- coconut milk
- diced or crushed tomatoes
- tomato paste
- olives - green, kalamata
- tuna - wild + sustainably caught
- bone broth

Sauces & Condiments

- coconut aminos
- fish sauce
- compliant mayo
- complaint dressings

Oil + Vinegar

- olive oil
- avocado oil
- ghee
- balsamic vinegar
- apple cider vinegar
- red wine vinegar

Snacks

- compliant jerky
- compliant sack bars

Nuts + Seeds

- almonds
- cashews
- macadamia nuts
- walnuts
- pecans
- sunflower seeds
- pumpkin seeds
- unsweetened coconut flakes

Nut Butters

- almond butter
- cashew butter
- sunflower seed butter
- coconut butter

Refer back to our [Whole30 starter kit](#) post for further details of our favorite online shops and brands with Whole30 compliant products.

Click the link or visit this URL: <http://realsimplegood.com/whole30-starter-kit/>