

Whole30 Food List

WHOLE30 FOOD LIST

Tick each item as you gather or confirm it. Add anything specific to your own circumstances in the blank rows.

Name: _____ Date completed: _____ dd / mm / yyyy

Date of birth: _____ dd / mm / yyyy Record / MRN number: _____

Prepared by: _____ Date: _____ dd / mm / yyyy

Tick each item once it is confirmed or packed. Use the blank rows for anything specific to you.

ESSENTIALS

Essentials

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DOCUMENTS AND PAPERWORK

Documents and paperwork

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USEFUL BUT OPTIONAL

Useful but optional

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ANYTHING ELSE

Item: _____ Quantity: _____

Who is bringing it: _____ Confirmed: _____

Item: _____ Quantity: _____

Who is bringing it: _____ Confirmed: _____

Item: _____ Quantity: _____

Who is bringing it: _____ Confirmed: _____

Item: _____ Quantity: _____

Who is bringing it: _____ Confirmed: _____

Item:	_____	Quantity:	_____
Who is bringing it:	_____	Confirmed:	_____
Item:	_____	Quantity:	_____
Who is bringing it:	_____	Confirmed:	_____
Item:	_____	Quantity:	_____
Who is bringing it:	_____	Confirmed:	_____
Item:	_____	Quantity:	_____
Who is bringing it:	_____	Confirmed:	_____

NOTES

Notes