

Mika's Whole30 Tips

Below are a list of suggestions based on my personal experience doing Whole30. You may have a different experience, but I hope this is helpful! YOU CAN DO THIS! I reflected in my [blog](#) about the experience as well.

Preparing for Whole30

- Read the [Whole30 website](#)! They have FREE resources!! Read and re-read their advice! I especially enjoy this: *"It [Whole30] is not hard. Don't you dare tell us this is hard. Beating cancer is hard. Birthing a baby is hard. Losing a parent is hard. Drinking your coffee black. Is. Not. Hard. You've done harder things than this, and you have no excuse not to complete the program as written. It's only thirty days, and it's for the most important health cause on earth – the only physical body you will ever have in this lifetime."* This quote SOLD me on the program & commitment it takes to complete it!
- I also bought the [Whole30 book](#). Although it's not required, I found it helpful! Make sure you understand what you can and can't have!
- Preparation is KEY!! You must prepare to be successful!! Preparation also takes TIME, lots of it! I spent 2-3 hours on Sunday prepping for the week (not including grocery shopping).
- Eggs will be your best friend! They were my quick breakfast option, mid- afternoon snack, etc. I typically boiled at least 6 on Sunday to have in the fridge during the week.
- Chop as many vegetables as you can on Sunday (or your prep day) and keep in fridge. It makes it easier to cook meals or have snacks throughout the week.
- I kept at least 1 cooked chicken breast in the fridge for emergency food! That way there was NO excuse that I didn't have compliant food.

Favorite Recipes & Foods- *Below are a list of some my favorite recipes & food during Whole30* **Snacks/Foods**

- [LaCroix](#) (Apple cranberry & grapefruit are my fav)
- [Hot Cinnamon Spice Tea by Harney and Sons](#)
- [Wholly guacamole](#) (The minis are great to take for lunch or anywhere) or homemade with carrots
- Hard boiled Eggs
- Almonds
- Apples & oranges
- Sauteed Zucchini and Red onions
- Grilled Salmon

Recipes I made

- Taco Skillet (Chicken breast or beef, any veggies-*I like zucchini, onions, green peppers & red peppers*, taco seasoning)

- [Fiesta Chicken Salad](#) (Great Lunch option)
- [Grilled Roasted Carrots](#)
- [Carrot Soup](#)
- [Chili](#)
- Buffalo chicken lettuce wraps- Shred chicken breast, saute onions and garlic, add franks hot sauce to your liking. Top with [dump ranch dressing](#) (this stuff is SO GOOD)

Recipes people sent me but I didn't have a chance to try

- [Lemon Rosemary Chicken](#)
- [Sweet Potato Frittata](#)
- [Pork Carnitas](#) (leave out the vegetable oil)
- [Sweet Potato Chili](#)

Typical Day of meals

Breakfast- Hard boiled eggs, fruit (apple or grapes) & nuts. Also, swapped in Larabars, potato & pepper hash and cucumbers

Lunch- Fiesta Chicken Salad (had 4 days one week), Carrot Soup (had 4 days one week) or leftovers.

Dinner- Chili, Salmon & Veggies, Taco Skillet, Chicken breast & veggies, etc.

Snacks- Grapes, Apples, Almonds, Red peppers, cucumbers, pickles, carrots & guacamole

Additional Tips

- When you make dinner, ALWAYS make enough for leftovers for lunch the next day and/or dinner. This will be SO helpful as the week goes along.
- The Whole 30 website gives a [day by day playbook](#) on how you'll feel.
- It's okay to eat the same thing multiple days!
- Once you find a food or meal you enjoy, repeat it!! This will help you stay motivated!
- When you're feeling discouraged, REACH OUT (call or text me!). You're not alone!!
- Check out the Whole30 community on Instagram & [Facebook](#). This was helpful for me!
- Keep snacks in your car, office, etc. so there is NEVER an excuse to cheat.
- Stay hydrated! Drink water even when you're NOT thirsty. Your body needs it!
- Eating out was hard for me. I only ate out at Chipotle and Panera. Panera was a bust. However, at Chipotle you can have a salad, carnitas, guacamole, and any salsa except corn! YUMMY! Information about eating out was helpful on this [website](#).

Additional Helpful Websites

- [Paleo Leap](#)
- [Nomnom Paleo](#)
- [Well Fed](#)

- [Whole30 approved freezer meals](#)

YOU CAN DO THIS!