

WHOLE 30 GUIDE

as interpreted by me!

Over the next 30 days, focus on the items that you can eat! I am highlighting some common foods and alternatives.

Food for each Meal	Examples	Suggested Serving Size*
Protein	chicken, eggs, turkey, fish, pork, steak, nuts** etc.	1-2 palm sizes with each meal, or however many eggs fit in your hand
Veggies	leafy greens, carrots, squash, green beans, etc.	fill the rest of your plate with veggies
Fats	Coconut oil, avocado, olives, olive oil, coconut butter, nuts	avocado: ½ -1 whole avocado, nuts: closed handful, olives: open handful, oils/butter: 1 thumb

*This is my interpretation of the book, *It Starts with Food*.

Food to Avoid	Try this instead..*
Sugar (sugar subs, honey, maple syrup)	natural sugar, like fruit: unsweetened coconut flakes, bananas; vanilla; spices: cinnamon, nutmeg, all spice
Alcohol	water with fruit or cucumber; tea, coffee
Dairy (cheese, milk, yogurt)	Coconut milk, coconut butter, almond milk, almond butter
Grains (bread, crackers, pasta, oats, corn meal, corn starch, rice, pastries--basically anything with flour --almond flour <u>is</u> whole30 approved)	spaghetti squash, almond flour
Legumes (beans, soy, lentils, peanuts)**	Sunbutter for peanut butter; Green beans are whole30 approved
Seed Oils (canola oil, palm kernel, peanut, sesame, soybean, sunflower, hemp, cotton seed, corn, chia, flax, rice bran, safflower, grapeseed)	Coconut oil, olive oil, extra virgin olive oil

*They suggest not recreating old foods; instead, focus on creating new foods or trying new recipes!