

NO

- SUGAR OF ANY KIND
- ALCOHOL
- GRAINS
- LEGUMES/BEANS/SOY
- DAIRY
- MSG, CARAMEL, OR ADDED SULFATES / PROCESSED FOODS
- RE-CREATING FOODS WITH COMPLAINT INGREDIENTS

WHOLE30

I'm not Dieting
I'm changing my
Lifestyle ♡

- MEAT, SEAFOOD, EGGS, VEGES, FRUITS, NATURAL FATS (AVOCADO, COCONUT)
- DRINK LOTS OF WATER, SPARKLING WATER
- 3 MEALS / DAY
- 2/3 OF PLATE VEGES
- SZ OF YOUR PALM: PROTEIN, FRUITS, FATS

1 I CAN
&
I WILL!

2 WILL IT BE
EASY?
NOPE...

3 WORTH IT?
ABSOLUTELY!

TO THE AMT OF JUNK
YOU CONSUMED BEFORE
YOU BEGAN THE PROGRAM.

THE HANGOVER DAYS

4 DO NOT
REWARD
YOURSELF...

5 WITH FOOD...
YOU'RE NOT
A DOG!

6 NO
EXCUSES!

HAPPENS? YOU RUN OUT
OF GAS.

7 EAT LIKE YOU
LOVE YOURSELF
MOVE LIKE YOU
LOVE YOURSELF

YOU'RE BODY IS NOW
LEARNING TO USE FAT
FOR FUEL!

I JUST WANT TO NAP 2222

8 THE BODY
ACHIEVES
WHAT THE MIND
BELIEVES!

9 NOTHING
TASTES
AS GOOD AS
BEING HEALTHY
FEELS.

10 TODAY
I
WILL
DO MY BEST!

KILL ALL THE THINGS!

NOO... MY PANTS ARE
TIGHTER!

THE HARDEST
DAYS

11 YOU CAN
ONLY FAIL
IF YOU QUIT

12 YOU CAN'T
EXPECT TO
LOOK LIKE

13 A
MILLION
BUCKS IF
YOU EAT

14 FROM THE
DOLLAR
MENU!

15 I MAY NOT
BE THERE YET
BUT I'M CLOSER
THAN I WAS
YESTERDAY

16 I WILL NOT
FEEL DEPRIVED
WHEN I BYPASS
JUNK FOOD...

17 I WILL FEEL
EMPOWERED
THAT I MADE
THE HEALTHY CHOICE

THE HARDEST
DAYS

I DREAM OF JUNKFOOD!!!

TIGER

18 FALL IN
LOVE WITH
THE PROCESS.

19 AND THE
RESULTS
WILL
COME!

20 SLOW & STEADY
WINS THE
RACE

21 EATING
WELL IS A FORM
OF
SELF-RESPECT

I AM SO OVER THIS!

22 FOCUS
ON

23 HEALTH

24 NOT ON
WEIGHT

THE SCALE AND MIRROR ARE CALLING

25 NON-SCALE
VICTORIES:

CLOTHES FIT BETTER

26 MORE ENERGY
IMPROVED ENDURANCE

27 SLEEP QUALITY
FEWER CRAVINGS
FEEL HUNGRY

28 IS 28
AS GOOD AS
30?

29 YES, I AM
EATING HEALTHY
NO, I AM NOT
ON A DIET

30 YOU'RE
GOING TO BE
ABLE TO SAY
"I DID IT!"

DAY
31