

WHOLE 30

SHOPPING LIST

Vegetable & Fruits

Protein

Pantry

WHOLE 30

MEAL PLANNER

BREAKFAST

LUNCH

DINNER

WHOLE 30

A PLANNER FOR BEGINNERS

LUNCH

DINNER

WHAT IS WHOLE 30?

- 30 DAY ELIMINATION DIET
- RESET EATING HABITS
- RESET RELATIONSHIP WITH FOOD.

BEFORE YOU START

- READ IT STARTS WITH FOOD.
- CLEAN OUT THE PANTRY AND FRIDGE OF TEMPTING FOODS
- TELL FRIENDS AND FAMILY YOUR STARTING WHOLE 30
- GO SHOPPING

ELIMINATE FOR 30 DAYS

- SUGAR
- ALCOHOL
- GRAINS
- LEGUMES
- DAIRY
- SOY
- SPECIFIC ADDITIVES

KEY POINTS

- EAT 3 MEALS A DAY, NO SNACKING
- DON'T SKIP THE PLATED FAT
- THERE ARE NO CHEAT DAYS
- WEIGH YOURSELF AND TAKE MEASUREMENTS BEFORE STARTING

WHAT TO EAT

- MEAT
- SEAFOOD
- EGGS
- VEGETABLES
- FRUITS
- HEALTHY FATS

REINTRODUCTION

- LEGUMES AND GLUTEN-FREE ALCOHOL
- NON-GLUTEN GRAINS
- DAIRY
- GLUTEN-CONTAINING GRAINS
- WHOLE 30 COMPLETED!!!

LUNCH

DINNER

LUNCH

DINNER

LUNCH

DINNER