



An Introduction to Whole 30

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What is Whole 30?

Whole 30 is an elimination diet where you abstain from problematic food groups for 30 days, and reintroduce them one at a time to observe their individual effects on your body. The goal of the diet is not to lose weight, but to learn to treat foods as a source of fuel, break poor eating habits, and learn how your body responds to certain foods.

PROGRAM RULES



NO MEASURING

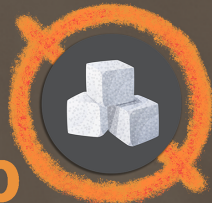
Whole 30 is not a weight-loss diet. No scale, no measurements, no counting calories. Track your progress with non-scale victories like improved mood, clear skin, or more energy.



NO CHEATING

Using compliant ingredients to make a Whole 30 version of a junk food is considered cheating. The point is to practice eating whole foods, eliminating processed meals from your diet.

NO SUGAR



NO GRAINS



NO DAIRY



NO LEGUMES



NO ALCOHOL



NO ADDITIVES



NO SUGAR



This means no more foods like:

- ✗ cake
- ✗ cupcakes
- ✗ brownies
- ✗ cookies
- ✗ chocolate
- ✗ candy
- ✗ muffins
- ✗ syrup
- ✗ caramel
- ✗ gummies
- ✗ soda
- ✗ lemonade
- ✗ juices with added sugar

PROGRAM RULES

ELIMINATE ANY & ALL KINDS OF SUGAR, INCLUDING (*BUT NOT LIMITED TO*):

Brown sugar
Cane sugar
Raw sugar
Confectioner's sugar
Honey
Maple syrup
Molasses
Malt syrup

Artificial Sweeteners:

Stevia
Splenda
Equal
Nutra-Sweet
Sweet-n-Low
Sweetleaf
Truvia

Agave nectar
Coconut nectar
Coconut sugar
Date sugar
Cane juice
Refiner's syrup
Rice syrup
Date syrup

CHECK THE FOOD LABEL FOR THESE INGREDIENTS:

ACESULFAME-K
ARABITOL DULCITOL
ASPARTAME
DEXTROSE
DISACCHARIDE
ERYTHRITOL
FRUCTOSE
GALACTOSE
GLUCOSE
GLYCERIN (GLYCEROL)
GLYCOL
HSH

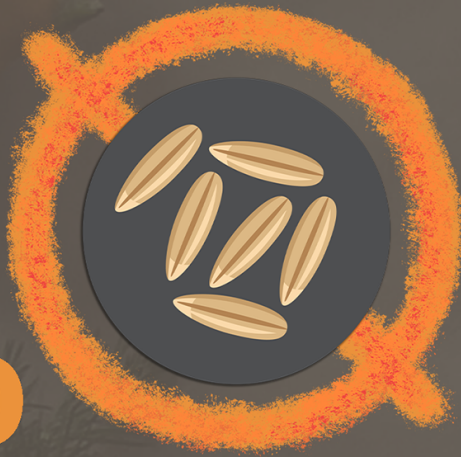
HIGH FRUCTOSE CORN SYRUP
IDITOL
ISOMALT
LACTITOL
LACTOSE
MALTOSE
MALTITOL
MANNITOL
MONK FRUIT EXTRACT
MONOSACCAHARIDE
POLYGLYCITOL
POLYSACCHARIDE

RIBITOL
RIBOSE
RICE MALT EXTRACT
SACCHARIN
SACCHAROSE
SORBITOL
SUCRALOSE
SUCROSE
SWEET SORGHUM
THREITOL
TREACLE
XYLITOL

EXCEPTIONS:

✓ fruit juice as sweetener

NO GRAINS



This means no more foods like:

- ✗ bread
- ✗ granola bars
- ✗ croutons
- ✗ cereal
- ✗ crescent rolls
- ✗ crackers
- ✗ rice noodles
- ✗ tortillas
- ✗ chips
- ✗ pizza
- ✗ pasta
- ✗ pancakes
- ✗ waffles
- ✗ oatmeal
- ✗ grain bowls

PROGRAM RULES

ELIMINATE ANY & ALL KINDS OF GRAINS INCLUDING (*BUT NOT LIMITED TO*):

Wheat
Rye
Barley
Oats

Corn
Rice
Millet
Flour

Starch
Quinoa
Amaranth
Buckwheat

Bran
Corn oil
Rice oil
Sprouted grains

CHECK THE FOOD LABEL FOR THESE INGREDIENTS:

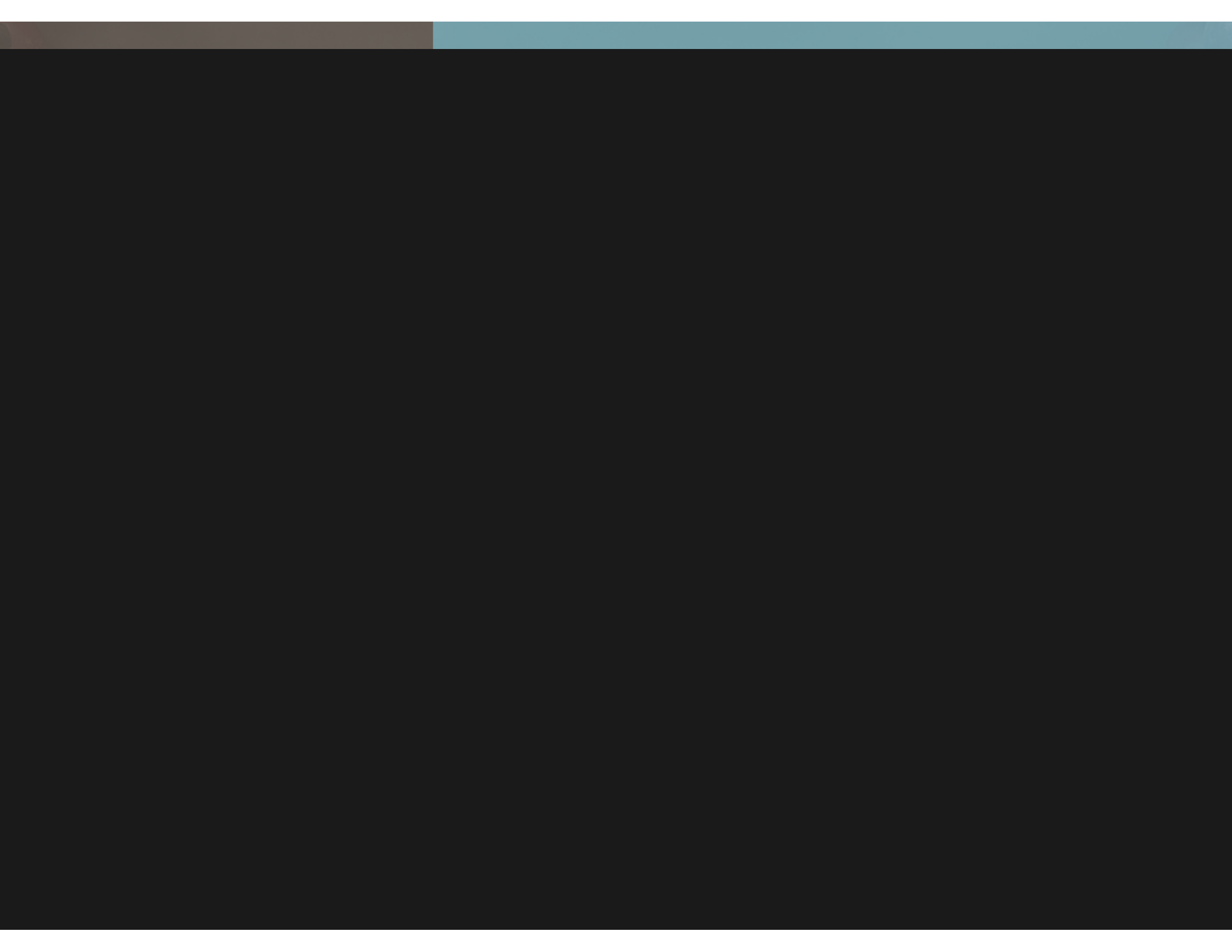
BARLEY GRASS
BULGUR
DURUM
DURUM FLOUR
DURUM WHEAT
EINKORN
EMMER
FARINA
FLOUR
FARRO
FU

KAMUT
SEITAN
SEMOLINA
SORGHUM
STARCH
SPELT
SPROUTED WHEAT
TRITICALE
TRITICUM AESTIVUM
WHEAT BERRIES

WHEAT BRAN
GERM
GERM OIL
GERM EXTRACT
GLUTEN
GRASS
MALT
STARCH
WHEAT PROTEIN
HYDROLYZED WHEAT PROTEIN

EXCEPTIONS:

- ✓ Vinegar
- ✓ Botanical Extracts
- ✓ limit Sesame oil & Canola oil



NO DAIRY



This means no more foods like:

- ✗ ice cream
- ✗ smoothies
- ✗ coffee creamer
- ✗ creamy dressings
- ✗ creamed soups
- ✗ custard
- ✗ chocolate
- ✗ cake mix
- ✗ icing
- ✗ whipped cream
- ✗ cream sauces
- ✗ pudding
- ✗ frozen yogurt
- ✗ protein shakes

PROGRAM RULES

ELIMINATE ANY & ALL DAIRY PRODUCTS INCLUDING (*BUT NOT LIMITED TO*):

Cow's Milk	Butter	Butter Cream	Cream Cheese
Sheep's Milk	Margarine	Sour Cream	Whipped Cream
Goat's Milk	Cheese	Heavy Cream	Whey Protein
Buttermilk	Yogurt	Kefir	

CHECK THE FOOD LABEL FOR THESE INGREDIENTS:

ACIDOPHILUS MILK	HYDROLYZED CASEIN	MILK POWDER
AMMONIUM CASEINATE	HYDROLYZED MILK PROTEIN	MILK PROTEIN
BUTTER ESTERS	IRON CASEINATE	MILK SOLIDS
BUTTER FAT	LACTALBUMIN	NATURAL BUTTER FLAVOR
BUTTER OIL	LACTOFERRIN	PANEER
BUTTER SOLIDS	LACTOGLOBULIN	POTASSIUM CASEINATE
BUTTERMILK POWDER	LACTOSE	RECALDENT
CALCIUM CASEINATE	LACTULOSE	RENNET CASEIN
CASEIN	LOW-FAT MILK	SODIUM CASEINATE
CASEINATE (IN GENERAL)	MAGNESIUM CASEINATE	SOUR MILK SOLIDS
CONDENSED MILK	MALTED MILK	SWEETENED CONDENSED MILK
DRY MILK POWDER	MILK DERIVATIVE	WHEY
DRY MILK SOLIDS	MILK FAT	ZINC CASEINATE
EVAPORATED MILK		

EXCEPTIONS:

- ✓ Ghee
- ✓ Clarified Butter

NO LEGUMES



This means no more foods like:

- ✗ baked beans
- ✗ chili
- ✗ peanut butter
- ✗ peanuts
- ✗ burritos
- ✗ tofu
- ✗ miso
- ✗ soy sauce
- ✗ teriyaki sauce

PROGRAM RULES

ELIMINATE ANY & ALL LEGUMES INCLUDING (*BUT NOT LIMITED TO*):

Black beans	Green peas	Soy	Fenugreek
Pinto beans	Black eyed peas	Soy lecithin	Miso
Lima beans	Chickpeas	Soy beans	Tofu
Kidney beans	Red lentils	Soybean oil	Kyodofu
Mung beans	Green lentils	Peanuts	Tempeh
White beans	Yellow lentils	Peanut oil	Edamame
Red beans	Black lentils	Tamarind	

CHECK THE FOOD LABEL FOR THESE INGREDIENTS:

CAROB	OKARA (SOY PULP)	TERIYAKI SAUCE
GUAR GUM	PEA PROTEIN	TEXTURED SOY FLOUR (TSF)
KINAKO FLOUR	SHOYU	TEXTURED SOY PROTEIN (TSP)
LECITHIN	SOYBEAN	TEXTURED VEGETABLE PROTEIN
LUPIN	SOYA	TEXTURED VEGETABLE PROTEIN (TVP)
LOCUST BEAN GUM	SUPRO	TOFU
MONOGLYCERIDES	TAMARI	YAKIDOFU
DIGLYCERIDES	TEMPEH	YUBA
NATTO		

EXCEPTIONS:

- ✓ Green beans
- ✓ Snow peas

- ✓ Snap peas
- ✓ Coconut aminos

NO ALCOHOL

**Cooking with alcohol is
also prohibited for
Whole 30.**



PROGRAM RULES

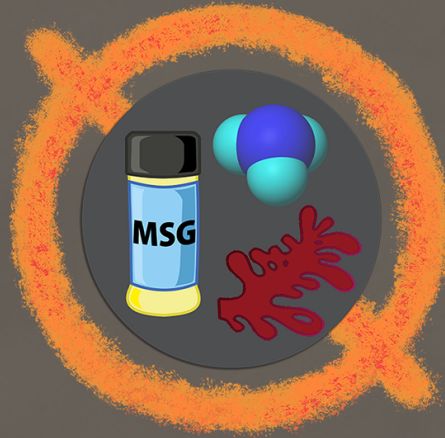
**ELIMINATE ANY & ALL FORMS OF ALCOHOL
INCLUDING *(BUT NOT LIMITED TO):***

Vodka
Rum
Whiskey
Gin
Tequila
Brandy
Absinthe

Champagne
Wine
Cooking wine
Hock
Vermouth
Sherry
Port

Rye
Beer
Ale
Cider
Liqueur
Cognac
Saké

NO ADDITIVES



X **Carageenan** is a thickening agent and stabilizer derived from red seaweed. It's often used as a gelatin alternative, or to bind preservatives.

COMMONLY
FOUND IN:

- vegan gelatin
- deli meats
- chocolate milk
- sauces
- nut milks
- yogurt

X **Monosodium Glutamate (MSG)** is a flavor enhancer derived from the amino acid, glutamate. It's a common additive in commercial foods that enhances the savory, meaty umami flavor.

COMMONLY
FOUND IN:

- fast food
- Doritos & Pringles
- seasoning blends
- frozen meals
- processed meats
- condiments

X **Sulfites** are man-made chemicals used as preservatives to slow browning and discoloration in foods. They also play a crucial role in the wine-making process.

COMMONLY
FOUND IN:

- baked goods
- canned vegetables
- shrimp
- vegetable juices
- dried fruit
- bottled lemon/lime juice

PROGRAM RULES

Particularly,
CARRAGEENAN,
MSG,
& **SULFITES**
are off limits for whole 30.

CHECK THE FOOD LABEL FOR THESE INGREDIENTS:

CARRAGEENAN

MONOSODIUM GLUTAMATE (MSG)

SULFUR DIOXIDE (SO_2)

SODIUM BISULFITE (NaHSO_3)

POTASSIUM METABISULFITE (KHSO_3)

SODIUM METABISULFITE ($\text{Na}_2\text{S}_2\text{O}_5$)

POTASSIUM METABISULFITE ($\text{K}_2\text{S}_2\text{O}_5$)

SODIUM SULFITE (Na_2SO_3)

MEAL PLANNING

So, what can you eat during your Whole 30?

It's important to eat three meals a day, starting with a good breakfast. Make each meal large enough to satisfy you until the next one and try not to snack.

Base each meal around 1-2 palm-sized **protein** sources, filling the rest of your plate with **vegetables**. Occasionally add a serving of **fruit**, and use **fats** in the recommended portions illustrated below.

Below each food group is a list of suggestions for appropriate foods to fill your plate.

PROTEIN



1-2 palm-sized portions

eggs
ground beef
steak
ground chicken
chicken breast/thigh
chicken sausage
whole chicken
ground turkey
whole turkey
turkey breast
salmon
whitefish
shrimp
scallops
seafood
ground pork
pork chops
pork sausage
some bacon
deli meat

VEGETABLES



Fill the rest of the plate

artichoke
arugula
asparagus
beets
bell peppers
bok choy
broccoli
brussel sprouts
cabbage
carrots
cauliflower
celery
cucumber
eggplant
fennel (anise)
green beans
jalapeno
hot peppers
kale
lettuce
mushrooms
okra
onion
parsnips
potatoes

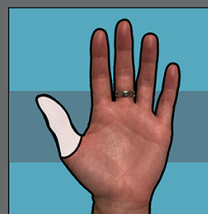
FRUIT



1 serving occasionally

apples
apricots
bananas
blackberries
blueberries
cherries
dates
figs
grapefruit
grapes
jicama
kiwi
lemons
limes
mango
melon
nectarines
oranges
papaya
peaches
pears
pineapple
plantains
plums

OILS & BUTTERS



1-2 thumb-sized portions

coconut oil
extra-virgin olive oil
avocado oil
sesame oil
palm oil
animal fats
ghee
clarified butter
almond butter
coconut butter
sunflower seed

FATS

COCONUTS & OLIVES



1-2 heaping handfuls

coconut flakes
coconut milk
black olives
green olives

NUTS & SEEDS



Up to 1 closed handful

almonds
brazil nuts
cashews
hazelnuts
macadamia nuts
pecans
pistachios
flax seeds
pine nuts
pumpkin seeds
sesame seeds

WHOLE 30



pumpkin
radish
snow peas
sugar snap peas
squash
spinach
sweet potato
tomato
turnip
zucchini

APPROVED FOODS

Ready to see some benefits?

- ✓ glowing skin
- ✓ less bloating
- ✓ less shoulder/back/knee pain
- ✓ healthier relationship with food
- ✓ higher energy levels
- ✓ better sleep
- ✓ feeling more athletic
- ✓ improved self-esteem and discipline

Remember, this is not hard. Fighting cancer is hard. Birthing a baby is hard. Losing a parent is hard. Drinking your coffee black. Is. Not. Hard. You have done harder things than this. 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.

Grocery shopping, meal planning, dining out, explaining the program to friends and family, and dealing with stress will all prove challenging at some point during your program. Improved health, habits, and relationship with food don't happen automatically just because you're now taking a pass on bread. This will be work, but it will be worth it.

Visit <https://whole30.com/> for additional information about the program, quick reference guides, recipes, and more.
This ebook is not in affiliation with the official Whole30® Program or website.



