

WHOLE30 “FAST TRACK” REINTRODUCTION BASICS



Reintro Day 1 (Optional)

Evaluate gluten-free alcohol, while keeping the rest of your diet Whole30 compliant. (Eg: red wine, 100% agave tequila, gluten-free beer.) Then, return to the Whole30 for the next 2 days.



Reintro Day 1 (or 4)

Evaluate legumes, while keeping the rest of your diet Whole30 compliant. (Eg: peanut butter, tofu, black beans, peas, lentils.) Then, return to the Whole30 for the next 2 days.



Reintro Day 4 (or 7)

Evaluate non-gluten grains, while keeping the rest of your diet Whole30 compliant. (Eg: gluten-free oats, quinoa, corn tortillas, rice, etc.) Then, return to the Whole30 for the next 2 days.



Reintro Day 7 (or 10)

Evaluate dairy, while keeping the rest of your diet Whole30 compliant. (Eg: plain Greek yogurt, hard or soft cheese, milk or cream, etc.) Then, return to the Whole30 for the next 2 days.



Reintro Day 10 (or 13)

Evaluate gluten grains, while keeping the rest of your diet Whole30 compliant. (Eg: whole grain or wheat bread, pasta, cereal, crackers, etc.) Then, return to the Whole30 for the next 2 days.

Reintroduction Resources

For more Reintroduction resources, our “Slow Roll” option, and an extensive Reintroduction FAQ, see pages 42 and 132 in *The Whole30* book.