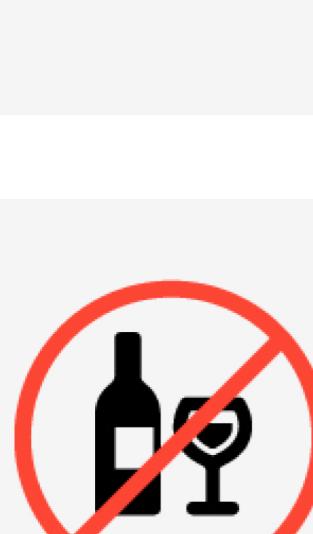




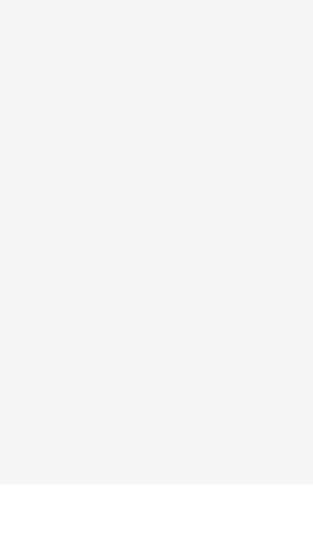
est. 2009

THE WHOLE30 PROGRAM RULES NO: AVOID FOR 30 DAYS



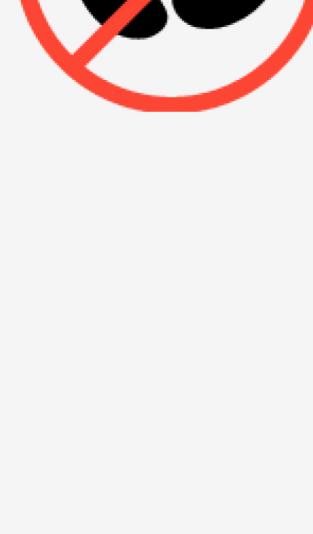
Do not consume added sugar, real or artificial.

No maple syrup, honey, agave nectar, coconut sugar, date syrup, stevia, Splenda, Equal, Nutrasweet, xylitol, etc.



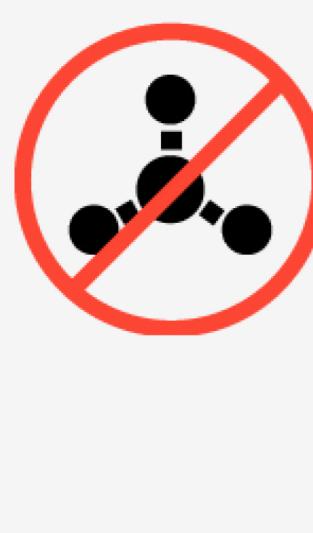
Do not consume alcohol, in any form, not even for cooking.

(No tobacco or non-Rx'd THC, either).



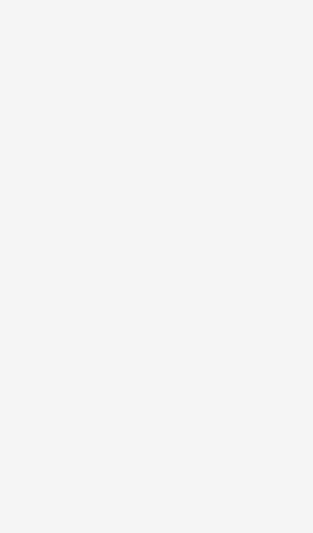
Do not eat grains.

This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains, and all gluten-free pseudo-cereals like quinoa, amaranth, and buckwheat, plus all the ways we add wheat, corn, and rice into our foods in the form of bran, germ, starch, and so on.



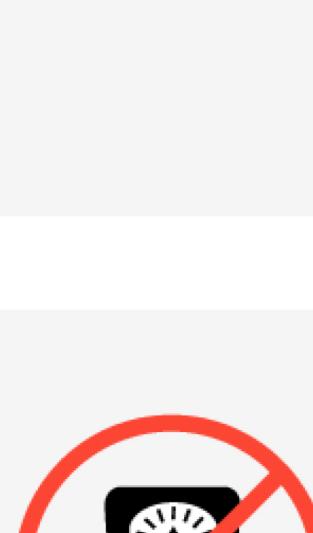
Do not eat legumes.

This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy – soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods (like lecithin).



Do not eat dairy.

This includes cow, goat, or sheep's milk products like milk, cream, cheese, kefir, yogurt, sour cream, ice cream, or frozen yogurt.



Do not consume carrageenan, MSG, or sulfites.

If these ingredients appear in any form on the label of your processed food or beverage, it's out for the Whole30.



Do not consume baked goods, junk foods, or treats with "approved" ingredients.

Some specific foods that fall under this rule include: pancakes, waffles, bread, tortillas, biscuits, muffins, cupcakes, cookies, brownies, pizza crust, alternative flour pasta, cereal, or ice cream. No commercially-prepared chips (potato, tortilla, plantain, etc.) or French fries either. However, this list is not limited strictly to these items—use your best judgment with those foods that aren't on this list, but that you suspect are not helping you change your habits or break those cravings.

The fine print..

These foods are exceptions to the rule, and are allowed during your Whole30.

- Ghee or clarified butter
- Fruit juice
- Green beans, sugar snap peas, and snow peas
- Vinegar (all forms but malt)
- Coconut aminos
- Table salt