

Whole30 Diet Guidelines

Allowed:

- Meat, seafood, eggs
- Vegetables and fruits (in moderation)
- Natural fats and oils (olive, coconut, avocado)
- Nuts and seeds (except peanuts)
- Fresh herbs and spices

Avoid:

- Added sugar (real or artificial)
- Alcohol
- Grains (wheat, rice, corn, oats, etc.)
- Legumes (beans, lentils, peanuts, soy)
- Dairy products
- Carrageenan, MSG, sulfites
- Baked goods or junk foods made with compliant ingredients