

# THE WHOLE30<sup>®</sup> RULES

## EAT REAL FOOD

- Moderate portions of meat, seafood & eggs
- Lots of vegetables
- Some fruits
- Plenty of healthy natural fats
- Herbs, spices & seasonings



## DO NOT EAT

- Added sugar, real or artificial
- Alcohol in any form, not even in cooking
- Grains (wheat, oats, corn, rice, quinoa, ...)
- Legumes (beans, lentils, soy, chickpeas, peanuts, ...)
- Dairy (milk, cream, cheese, yogurt, ice cream, ...)
- Carrageenan, MSG or sulfites (common additives)
- Baked goods, junk foods or treats made from “approved ingredients”

## DO NOT STEP ON THE SCALE OR TAKE BODY MEASUREMENTS

## EXCEPTIONS TO THE RULES (ALLOWED)

- Ghee or clarified butter (the only dairy allowed)
- Fruit juice
- Green beans & peas (the only legumes)
- Vinegar, except malt vinegar
- Coconut aminos (often substituted for soy sauce)
- Salt

Food Freedom Starts with Whole30

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