

Whole 30 Meal Plan Guide



All information in this guide has been gathered by Living Spinal from these sources below:

<http://whole30.com>

<http://whole30.com/downloads/official-whole30-program-rules.pdf>

Introduction

The Whole30 is a whole food based nutritional program that will help you to retrain your brain and body to thrive on real whole food, while also helping you to identify potentially problematic foods that may be sabotaging your health.

Before we get started on this journey to improved health, it's very important to understand the basics.

What is the Whole30®?

Certain food groups (like sugar, grains, dairy and legumes) could be having a negative impact on your health and fitness without you even realizing it. Are your energy levels inconsistent or non-existent? Do you have aches and pains that can't be explained by over-use or injury? Are you having a hard time losing weight no matter how hard you try? Do you have some sort of condition (like skin issues, digestive ailments, seasonal allergies or fertility issues) that medication hasn't helped? These symptoms may be directly related to the foods you eat – even the “healthy” stuff. So how do you know if (and how) these foods are affecting you?

Strip them from your diet completely. Cut out all the psychologically unhealthy, hormone-unbalancing, gut-disrupting, inflammatory food groups for a full 30 days. Let your body heal and recover from whatever effects those foods may be causing. Push the “reset” button with your metabolism, systemic inflammation, and the downstream effects of the food choices you've been making. Learn once and for all how the foods you've been eating are actually affecting your day to day life, and your long term health.

We cannot possibly put enough emphasis on this simple fact—the next 30 days will change your life. It will change the way you think about food, it will change your tastes, it will change your habits and your cravings. It could, quite possibly, change the emotional relationship you have with food, and with your body. It has the potential to change the way you eat for the rest of your life. We know this because we did it, and tens of thousands of people have done it since, and it changed our lives (and their lives) in a very permanent fashion.

The Whole30 Program Rules

Yes: Eat real food.

Eat meat, seafood, eggs, tons of vegetables, some fruit, and plenty of good fats from fruits, oils, nuts and seeds. Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're totally natural and unprocessed. Don't worry... these guidelines are outlined in extensive detail in our free shopping list.

No: Avoid for 30 days.

More importantly, here's what NOT to eat during the duration of your Whole30 program. Omitting all of these foods and beverages will help you regain your healthy metabolism, reduce systemic inflammation, and help you discover how these foods are truly impacting your health, fitness and quality of life.

Do not consume added sugar of any kind, real or artificial. No maple syrup, honey, agave nectar, coconut sugar, Splenda, Equal, Nutrasweet, xylitol, stevia, etc. Read your labels, because companies sneak sugar into products in ways you might not recognize.

Do not consume alcohol in any form, not even for cooking. (And it should go without saying, but no tobacco products of any sort, either.)

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

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 such as cream, cheese (hard or soft), kefir, yogurt (even Greek), and sour cream... with the exception of clarified butter or ghee. (See below for details.)

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 try to re-create baked goods, junk foods, or treats* with "approved" ingredients. Continuing to eat your old, unhealthy foods made with Whole30 ingredients is totally missing the point, and will tank your results faster than you can say "Paleo Pop-Tarts." Remember, these are the same foods that got you into health-trouble in the first place—and a pancake is still a pancake, regardless of the ingredients.

One last and final rule: **You are not allowed to step on the scale or take any body measurements for the duration of the program.** This is about so much more than just weight loss, and to focus on your body composition means you'll miss out on the most dramatic and lifelong benefits this plan has to offer. So, no weighing yourself, analyzing body fat or taking comparative measurements during your Whole30. (We do encourage you to weigh yourself before and after, however, so you can see one of the more tangible results of your efforts when your program is over.)

**A few off-limits foods that fall under this rule include pancakes, bread, tortillas, biscuits, muffins, cupcakes, cookies, pizza crust, waffles, cereal, potato chips, French fries, and this one recipe where eggs, date paste, and coconut milk are combined with prayers to create a thick, creamy concoction that can once again transform your undrinkable black coffee into sweet, dreamy caffeine. However, this list is not limited to these items—there may be other foods that you find are not psychologically healthy for your Whole30. 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.

Clarified Butter or Ghee. Clarified butter or ghee is the only source of dairy allowed during your Whole30. Plain old butter is NOT allowed, as the milk proteins found in non-clarified butter could impact the results of your program. Refer to our Butter Manifesto for more details on the milk proteins found in butter, purchasing high quality butter, and how to clarify it yourself.

Fruit juice as a sweetener. Some products or recipes will include fruit as a sweetener, which is fine for the purposes of the Whole30. (We have to draw the line somewhere.)

Certain legumes. We're fine with green beans, sugar snap peas and snow peas. While they're technically a legume, these are far more "pod" than "bean," and green plant matter is generally good for you.

Vinegar. Most forms of vinegar, including white, balsamic, apple cider, red wine, and rice, are allowed during your Whole30 program. The only exceptions are vinegars with added sugar, or malt vinegar, which generally contains gluten.

Salt. Did you know that all iodized table salt contains sugar? Sugar (often in the form of dextrose) is chemically essential to keep the potassium iodide from oxidizing and being lost. Because all restaurant and pre-packaged foods contain salt, we're making salt an exception to our "no added sugar" rule.

Give Us Thirty Days

Your only job during the Whole30 is to focus on making good food choices. You don't need to weigh or measure, you don't need to count calories, you don't need to stress about organic, grass-fed, pastured or free range. Just figure out how to stick to the Whole30 in any setting, around every special circumstance, under any amount of stress... for 30 straight days. Your only job? Eat. Good. Food.

The only way this will work is if you give it the full thirty days: no cheats, slips, or "special occasions." This isn't us playing the tough guy. This is a fact, born of education and experience. You need such a small amount of any of these inflammatory foods to break the healing cycle—one bite of pizza, one splash of milk in your coffee, one lick of the spoon mixing the batter within the 30 day period and you've broken the "reset" button, requiring you to start over again on Day 1.

You must commit to the full program, exactly as written. Anything less and we make no claims as to your results, or the chances of your success. Anything less and you are selling yourself—and your potential results—short.

It's only 30 days.

Here comes the tough love.

This is for those of you who are considering taking on this life-changing month, but aren't sure you can actually pull it off, cheat free, for a full 30 days. This is for the people who have tried this before, but who "slipped" or "fell off the wagon" or "just HAD to eat (fill in food here) because of this (fill in event here)." This is for you.

It is not hard. Don't you dare tell us this is hard. Beating cancer is hard. Birthing a baby is hard. Losing a parent is hard. Drinking your coffee black. Is. Not. Hard. You've done harder things than this, and you have no excuse not to complete the program as written. 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.

Don't even consider the possibility of a "slip." Unless you physically tripped and your face landed in a box of doughnuts, there is no "slip." You make a choice to eat something unhealthy. It is always a choice, so do not phrase it as if you had an accident. Commit to the program 100% for the full 30 days. Don't give yourself an excuse to fail before you've even started.

You never, ever, ever have to eat anything you don't want to eat. You're all big boys and girls. Toughen up. Learn to say no (or make your mom proud and say, "No, thank you"). Learn to stick up for yourself. Just because it's your sister's birthday, or your best friend's wedding, or your company picnic does not mean you have to eat anything. It's always a choice, and we would hope that you stopped succumbing to peer pressure in 7th grade.

This does require a bit of effort. 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. We've given you all the tools, guidelines and resources you'll need, but take responsibility for your own plan. Improved health, fitness, and quality of life doesn't happen automatically just because you're now taking a pass on bread.

You can do this. You've come too far to back out now. You want to do this. You need to do this. And we believe that you can do this. So stop thinking about it, and start doing. Right now, this very minute, tell someone that you are starting the Whole30.

30 Days Whole Plan



Week 1

Day 1

Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots Spinach Salad with Apples Italian Dressing. Save leftover roast chicken for dinners

Day 2

Creamy Butternut Squash Soup (use butternut squash puree instead of pumpkin puree) Turkey or Ham & Avocado Roll-Ups

Day 3

Slow Cooker Garlic Thyme Chicken Mashed Sweet Potatoes Green Beans

Day 4

Beef Fajitas served over Cilantro Cauli Rice topped with Guacamole. Make extracauli-rice; save extra beef for lunch fajita bowls Make extracauli-rice; save extra beef for lunch fajita bowls.

Day 5

Baked Fish Provencal served with leftover Cilantro Cauli-Rice. Cut parchment and line foil to avoid cooking fish directly in foil, if desired

Day 6

Stuffed Sweet Potatoes (use leftover roast chicken instead) with BLT Salad with cucumbers, tomato and avocado Healthy Ranch Dressing.

Day 7

Chicken Zoodle Soup with Mushrooms Mesclun Greens with Apples & Walnuts Italian Dressing.

Grocery List for Week 1

Meat, Poultry & Fish

Beef sirloin steak, 1.25 lbs
Bone-in chicken thighs, 3 lbs
Chicken stock, 8 cups
Nitrate-free bacon, 1.5 lbs
White fish fillets, 2 lbs
Whole organic chicken, 6 lbs
Deli turkey or ham (for rollups, 2)

Fresh Produce & Cold Case

Apples, 2
Avocado, 6
Baby potatoes, 2 lbs
Baby spinach, 2 bags
Broccoli, 1 head
Brussels sprouts, optional
Carrots, 4
Cauliflower, 2 medium
Celery, 2 stalks
Cherry tomatoes, 12oz

Cucumber, 1
Fresh sage, 1 small bunch
Fresh thyme, 1 small bunch
Fresh cilantro, 1 small bunch
Garlic, 3 heads
Green beans, fresh or frozen
Leek, 1
Lemon, 1 and Limes, 2
Mesclun greens, 2 bags
Pico de gallo (or homemade)
Plum tomato, 1
Red bell pepper, 1
Red onions, 2
Sweet onions, 2
Sweet Potatoes, 3 lbs
Yellow bell pepper, 1
Yellow onion, 1
Walnuts (for salad)
Zucchini, 4

Pantry Items

Butternut squash or pumpkin
Puree, two 15oz. cans
Coconut milk, 2 cans
Olive oil, ghee, coconut oil

Dry Herbs & Spices

Bay leaf
Cayenne pepper
Garlic powder
Ground ginger
Onion powder
Oregano
Parsley
Paprika
Rosemary
Thyme
If making dressings, you'll also need
Italian salad dressing
Ranch dressing

Week 2

Day 8

Chicken Verde Lettuce Wraps with Cilantro Seasoned Cauli-Rice. Double recipe; reserve 3-4 cups of the chicken for dinner.

Day 9

Grilled Herb Turkey Breasts Mashed Potatoes Green Beans. Double turkey.

Day 10

Grilled Shrimp Skewers with Cilantro Seasoned Cauli-Rice

Day 11

Turkey Tetrazzini with Zucchini Noodles (use leftover turkey instead of chicken; replace peas with green beans) Garden Salad.

Day 12

Chicken Tortilla Soup (use leftover Chicken Verde in place of baked chicken breasts) top with Sliced Avocado Garden Salad.

Day 13

Turkey-Veggie Meatloaf, leftover Mashed Potatoes and Lemon Garlic Green Beans.

Day 14

Leftover Chicken Tortilla Soup top with Sliced Avocado Slow Cooker Baked Sweet Potatoes w/Ghee.

Grocery List for Week 2

Meat, Poultry & Fish

Boneless, skinless turkey breasts, 1.5 lbs
Boneless, skinless chicken thighs, 4 lbs
Raw jumbo shrimp, 1.5 lbs
Chicken stock, 5.5 cups
Ground turkey, dark, 1.25 lbs

Fresh Produce & Cold Case

Avocados, 4
Bibb lettuce, 1 large head
Carrots, 2
Cauliflower, 2 medium heads
Cremini mushrooms, 10oz
Cucumbers, 2
Cherry tomatoes, 8 oz
Eggs, 1
Fresh cilantro, 1 bunch
Fresh parsley, 1 small bunch
Fresh sage, 1 small bunch

Fresh thyme, 1 small bunch
Green beans, 3 lbs
Garlic, 2 heads
Jalapeno, 1
Lemon, 1 and Limes, 3
Poblano pepper, 1
Red bell peppers, 4
Romaine lettuce, 2 head
Red onions, 2
Russet potatoes, 3 lbs
Sweet potatoes, 4
Yellow onions, 4
Zucchini, 6 large

Pantry Items

Almond flour
Coconut flour
Fire roasted tomatoes, 14oz
Green chiles, 4oz can
Ketchup
Salsa Verde, 2 cups

Dry Herbs & Spices

Basil
Cayenne pepper
Chili powder
Cumin
Garlic powder
Italian herb seasoning
Onion powder
Oregano
Paprika
Parsley
Red pepper flakes
Thyme

If making dressings, you'll also need

- Italian salad dressing
- Ranch dressing

Week 3

Day 15

Pan Seared Balsamic Chicken with Pesto Zoodles Garden Salad. Grill extra chicken and save for dinner

Day 16

Slow Cooker Sweet Potato Chili with Sliced Avocados Mixed Greens Salad. Save extra chili for dinner

Day 17

Veggie Stir Fry with Leftover Balsamic Chicken

Day 18

Southwestern Chicken Burgers with lettuce, tomato, red onion and avocado slices
Roasted Herb Sweet Potato Bites. Save leftover roasted sweet potatoes for breakfast.

Day 19

Veggie Quiche with Hash Brown Crust Mixed Greens Salad Sliced Fruit. Save leftover quiche for breakfast.

Day 20

Grilled Salmon with Avocado Salsa Mixed Greens Salad

Day 21

Leftover Slow Cooker Sweet Potato Chili with Sliced Avocados Garden Salad.

Grocery List for Week 3

Meat, Poultry & Fish

Chicken stock, 1 cup
Boneless, skinless chicken
breasts, 2 lbs
Ground beef, 1.25 lbs
Ground chicken, 1 lb
Whole30 compliant bacon
Wild caught salmon, 2 lbs

Fresh Produce & Cold Case

Almond milk/coconut milk
Eggs, 1 dozen
Avocados, 5
Bok choy, 2
Broccoli florets, 2 cups
Carrots, 4, 1
Cherry tomatoes (salads)
Cremini mushrooms
Cucumber
Fresh basil, 1 small bunch
Fresh cilantro, 1 bunch

Fruit of your choice
Garlic, 1 head
Green onions, 1 bunch
Limes, 2
Mixed greens (for salads)
Plum tomato, 2
Red onion, 1
Red bell pepper
Romaine or Bibb lettuce
(for salads and burger wraps)
Snap peas, 6oz
Sweet potatoes, 3
Swiss chard, 1 bunch
Yellow bell pepper, 1
Yellow onions, 2
Yukon gold potatoes, 3 large
Zucchini, 10-12 for zoodles

Pantry Items

Balsamic vinegar
Coconut aminos

Diced tomatoes, 28oz
Tomato sauce, 28oz
Other pantry staples: Olive oil,
ghee, coconut oil, sea salt
Walnuts

Dry Herbs & Spices

All purpose seasoning
Basil
Bay leaf
Cayenne pepper
Chili powder
Cumin
Garlic powder
Ground ginger
Italian seasoning
Onion powder
Paprika
Parsley
Rosemary
Thyme

Week 4

Day 22

Slow Cooker Rotisserie Chicken with Baby Potatoes & Carrots (add Green Beans last 45 minutes of cooktime). Save leftover chicken for other day to make bone broth

Day 23

Zoodle Sloppy Joes Garden Salad

Day 24

Meatloaf Muffins, Mashed Potatoes and Green Beans. Make double batch of mashed potatoes and save half for other day.

Day 25

Creamy Chicken & Veggies Soup Garden Salad.
Save extra soup for dinner

Day 26

Slow Cooker Beef Stew with Mixed Greens Salad

Day 27

Shepherd's Pie with Mixed Greens Salad

Day 28

Leftover Creamy Chicken & Veggies Soup Garden Salad



Week 5

Day 29

Spicy Lime Chicken with Mango Salsa served over Herb Seasoned Cauli-Rice Mesclun Salad with Avocado & Cucumber

Day 30

Chicken-Bacon Potato Boats Mesclun Salad (double the recipe to 4 large potatoes; use leftover Spicy Lime Chicken; you can bake the potatoes in the crockpot)

Grocery List for Week 4 and 5

Meat, Poultry & Fish

Whole chicken, 5-6 lbs
Ground beef, 2 lbs
Ground turkey, preferably dark meat, 1.5 lbs
Beef chuck, 1.5 lbs cubed
Chicken stock, 6 cups
Beef stock, 1.5 cups

Fresh Produce & Cold Case

Almond milk
Baby red potatoes, 5 lbs
Carrots, 12
Celery, 1 bunch
Cherry tomato (for salads)
Cremini mushrooms
Cucumber (for salads)
Fresh thyme, 1 bunch
Garlic, 2 heads
Green beans, 3-4 lbs
Leeks, 2

Mixed greens (for salads)
Red bell pepper, 2
Romaine or Bibbs lettuce (For salads)
Russet potatoes, 5 lbs
Yellow onions, 4
Zucchini, 1

Pantry Items

Arrowroot powder (optional)
Balsamic vinegar
Blanched almond flour
Coconut aminos
Diced tomatoes, 14 oz
Tomato paste, 2 cans
Whole30 Ketchup
Other pantry staples:
Olive oil, ghee, coconut oil,
Sea salt

Dry Herbs & Spices

Bay leaf
Garlic powder
Italian herb seasoning
Onion powder
Paprika
Parsley
Rosemary
Thyme

If making dressings, you'll also need:

Italian salad dressing: dijon mustard, dried basil
Ranch dressing: mayo, dill weed, red pepper flakes

Conclusion

We want you to take this seriously and see amazing results in unexpected areas. It is that important. We believe in it that much. It changed our lives and we want it to change yours too.

Reference

This meal plan guide is a part of Whole30, created by Melissa Hartwig, co-creator and #1 New York Times best-selling author. [Page No 3 to 12]

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