



THE OFFICIAL WHOLE30 PROGRAM RULES



YES EAT REAL FOOD



Eat meat, seafood, and eggs; vegetables and fruit; natural fats; and herbs, spices, and seasonings.



NO AVOID FOR 30 DAYS



Omit these foods, beverages, and ingredients 100% for 30 straight days. Read your labels!

- ✘ Do not consume added sugar, real or artificial.** No maple syrup, honey, agave nectar, coconut sugar, date syrup, stevia, Splenda, Equal, Nutrasweet, xylitol, 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 ideally, 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, sprouted grains, and all gluten-free pseudo-cereals like quinoa, amaranth, and buckwheat. 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 most forms of legumes.** This includes beans (black, red, pinto, navy, garbanzo/chickpeas, white, kidney, lima, fava, cannellini, lentils, adzuki, mung, cranberry, and black-eyes peas); peanuts (including peanut butter or peanut oil); and all forms of soy (soy sauce, miso, tofu, tempeh, edamame, soy protein, soy milk, or soy 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.** Recreating or buying sweets, treats, and foods-with-no-brakes (even if the ingredients are technically compliant) is missing the point of the Whole30, and won't lead to habit change. These are the same foods that got you into health-and-craving trouble in the first place—and a pancake is still a pancake, even if it's made with coconut flour.

Some specific foods that fall under this rule include: pancakes, crepes, waffles, bread, tortillas, biscuits, muffins, cupcakes, cookies, brownies, alternative flour pizza crust or pastas, granola, cereal, or ice cream. No commercially-prepared chips (potato, tortilla, plantain, etc.) or French fries either. While this list of off-limit foods applies to everyone (even those who "don't have a problem" with pancakes), you may decide to exclude additional foods that you already know make you feel out of control, like RXBARs or almond butter. (See page 95 in The Whole30 for guidance.)
- ✘ Do not step on the scale or take any body measurements for 30 days.** The Whole30 is about so much more than weight loss, and to focus only on body composition means you'll overlook all of the other dramatic, lifelong benefits this plan has to offer. So no weighing yourself, analyzing body fat, or breaking out the tape measure during the 30-day elimination period. (You may take photos and/or measurements on Days 0 and 31, however.)

THE FINE PRINT

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

- Ghee or clarified butter**
- Green beans & most peas**
- Coconut aminos**
- Fruit juice as sweetener**
- Vinegar and botanical extracts**
- Iodized salt**