

Who Should Try the Whole30[®] and Why?

It's strict...but can be useful

This is a pretty strict elimination diet that lasts for 30 days. By eliminating top inflammatory foods, you help decrease inflammation in the body and reset cravings for sugar and junk food. You also do not weigh yourself for the entire month.

+ **What to Eat:** Vegetables, fruit, meat, chicken, turkey, pork, fish, shellfish, eggs, natural fat, seeds, herbs, spices, coffee, tea, sparkling water, juices, kombucha.

- **What to Avoid:** Grains, dairy, alcohol, sugar, legumes, soy, MSG, carrageenan, sulfates. Also, no "healthified" baked goods, like pancakes made with almond flour or Paleo banana bread.

After 30 days, you reintroduce one new food from the "avoid" list to see if you have an inflammatory reaction and decide if you can safely consume it or are better off without it.

✓ **Pros:** No weighing yourself. Learn to get in touch with your hunger and fullness signals. No calorie counting.

✗ **Cons:** Excluding whole grains and legumes can keep fiber content low. Planning and food preparation can be time consuming. Dining out is difficult.

PRO TIP: It's a 30-day plan that can act like a jump start. But most people return to their previous diet after the 30 days and the aches and pains and inflammatory symptoms return. What's your plan once the 30 days is over? We think it can be particularly useful as a reboot or a great way to identify food sensitivities or allergies.

SUPPLEMENTS: Bone Strength[™] and Sustained-Release B-100. Because this diet contains no dairy or grains, it will be much lower in dietary calcium and multiple B vitamins. Strong bones and teeth require more than just calcium, and Bone Strength[™] has all the important vitamin and mineral compounds that work synergistically to help with bone formation.* As grains are excellent sources of B1, B2, B3, and folate, which are important for energy metabolism, we recommend a broad-spectrum B-complex to help with energy metabolism.*



BONE STRENGTH



SUSTAINED
RELEASE B-100

YOUR 1-WEEK WHOLE30 MEAL PLAN

made simple

Give the Whole30 program a try with our fresh and filling plan that's free of grains, dairy, beans, alcohol and added sugars.

BY JESSE LANE LEE, PHOTOGRAPHY BY CRAYOLA ENGLAND

Fish Taco Lettuce Wraps

SERVES 3. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 45 MINUTES.

Get your fill of sweet-salty goodness in these popping-with-flavor fish tacos. In this Whole30-compliant version, corn tortillas are swapped out for fresh and crunchy lettuce leaves.

SALSA

- 1 cup** finely chopped pineapple
- 1** jalapeño chile pepper, seeded and chopped
- ¼ cup** chopped fresh cilantro
- 1 tbsp** fresh lime juice
- 2 tbsp** finely chopped red onion
- ⅓ tsp** each sea salt and ground black pepper

GUACAMOLE

- 2** avocados, pitted and peeled
- ¼ cup** fresh lime juice
- ¼ cup** chopped fresh cilantro
- ⅓ tsp** sea salt

FISH

- 1 cup** almond flour
- 1 large** egg
- ½ cup** arrowroot
- 12 oz** haddock or cod, cut into 9 strips
- ½ tsp** sea salt
- 1 tbsp** ghee
- 9 large** romaine lettuce leaves

- 1.** In a medium bowl, combine salsa ingredients; set aside.
- 2.** In a separate medium bowl, mash together guacamole ingredients; set aside.
- 3.** Prepare fish: In a shallow dish, place almond flour. In a separate shallow dish, beat egg. In a third shallow dish, place arrowroot.

Sprinkle fish with salt. Dip fish into arrowroot, shaking off excess, then dip in egg, letting excess drip off, then dip in flour, turning to coat.

4. In a large skillet on medium-high, melt ghee. Add fish; cook for about 7 minutes, turning every 2 minutes, until crispy and cooked through.

5. Place 1 fish strip in each romaine leaf. Top each with guacamole and salsa.

NOTE: Store fish, lettuce, salsa and guacamole in separate containers in refrigerator. Reheat fish and assemble lettuce wraps when called for.

PER SERVING (3 lettuce wraps): Calories: 688, Fat: 43 g, Sat. Fat: 8 g, Monounsaturated Fat: 26 g, Polyunsaturated Fat: 7 g, Carbs: 52 g, Fiber: 18 g, Sugars: 11 g, Protein: 32 g, Sodium: 757 mg, Cholesterol: 268 mg

Fish Taco Lettuce Wraps



LEAD PHOTO DARREN KEMPER, FOOD STYLING CHRISTOPHER STONGE, PROP STYLING BY THE PROPS

Ginger Chicken Stir-Fry *with Spaghetti Squash*

SERVES 4. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 55 MINUTES.

Many stir-fry sauces contain soy sauce and sugar, both of which are off the menu on the Whole30 plan. This healthy remake uses coconut aminos, sesame oil and ginger for maximum flavor while sticking to compliant ingredients.

STIR-FRY

- 1 5- to 6-lb** spaghetti squash
- ¼ cup** avocado oil, divided
- 1** yellow onion, peeled and diced
- 3 cups** sliced carrots
- 3 cups** sliced white mushrooms
- 1¼ lb** boneless, skinless chicken breasts, cut into strips
- 8 cups** chopped bok choy
- 3** green onions, sliced
- ¼ cup** sesame seeds, divided
- hot sauce, optional

SAUCE

- ½ cup** coconut aminos
- ¼ cup** sesame oil
- 2 cloves** garlic
- 1 tbsp** arrowroot starch
- 1½ tsp** peeled and minced fresh ginger
- ¼ tsp** red pepper flakes

1. Preheat oven to 400°F. Cut squash in half and scoop out and discard seeds. Brush cut sides of squash with 2 tbsp avocado oil and place on a parchment-lined baking sheet, cut sides down. Bake for 35 minutes, or until flesh is soft when poked with a fork. Remove squash from rind by scraping with a fork to make strands that resemble spaghetti; set aside in a bowl.

2. Meanwhile, in a large skillet on medium-low, heat remaining 2 tbsp avocado oil. Add yellow onion and cook until translucent, 5 minutes. Add carrots and mushrooms and cook 5 minutes more. Add chicken and cook until chicken is no longer pink inside, about 10 minutes more.

3. Make sauce: In a blender, place sauce ingredients and pulse until blended. Add sauce to skillet along with bok choy. Sauté until bok choy wilts, about 5 minutes.

4. Divide spaghetti squash among bowls. Divide veggie-chicken mixture among bowls and top each with green onions and sesame seeds. Serve with hot sauce, if desired.

NOTE: Store spaghetti squash and veggie-chicken mixture separately in the refrigerator. Reheat when called for, then top with garnishes.

PER SERVING (¼ of recipe): Calories: 748, Fat: 43 g, Sat. Fat: 31 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 53 g, Fiber: 9 g, Sugars: 9 g, Protein: 41 g, Sodium: 497 mg, Cholesterol: 143 mg



TOUGH LOVE:

An oft-used mantra in the Whole30 program is, “This is not hard. Don’t you dare tell us this is hard. Quitting heroin is hard. Beating cancer is hard. Drinking your coffee black. Is. Not. Hard.” Whole30 co-founder Melissa Hartwig Urban stresses a tough-love stance is necessary for new habits to form.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY													
<p>BREAKFAST: <i>Parsnip Hash:</i> Season 8 oz ground turkey with ⅛ tsp each salt and pepper and cook in 1 tbsp ghee; remove from pan. Melt 2 tbsp ghee and cook 2 cups diced parsnips, 1 minced clove garlic, ½ tsp each cinnamon and turmeric and ¼ tsp cayenne pepper until parsnips are soft. Add 3 cups chopped kale and browned turkey; cook 5 minutes. Makes 3 servings (eat 1; save leftovers). Top with 2 eggs, fried in 1½ tsp ghee.</p> <p>LUNCH: <i>Spinach Salad:</i> Toss 3 cups baby spinach, 1 cup blueberries and ¼ cup chopped pecans with 3 tbsp Balsamic Basil Dressing (below); top with 1 serving Baked Paprika Chicken (below)</p> <p><i>Balsamic Basil Dressing:</i> In a small food processor, process ⅔ cup EVOO, ½ cup balsamic vinegar, ½ cup fresh basil, 2 cloves garlic and ½ tsp each salt and pepper</p> <p><i>Baked Paprika Chicken:</i> Season 2 chicken breasts with 1 tsp paprika and ½ tsp each salt and pepper; bake 10 minutes at 400°F then flip and bake 15 minutes more, or until cooked through. Makes 2 servings (eat 1; save leftovers).</p> <p>DINNER: 1 serving <i>Fish Taco Lettuce Wraps</i> (p. 29; save leftovers)</p>	<p>BREAKFAST: <i>Loaded Sweet Potato:</i> Bake 1 sweet potato. Sauté ¼ cup diced red onion, 1 minced clove garlic and 4 oz ground turkey in 1 tbsp coconut oil until turkey is cooked. Add 1 cup spinach, 1 tsp parsley, ½ tsp cumin, ¼ tsp each paprika, oregano and pepper and ⅛ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.</p> <p>LUNCH: 1 serving Fish Taco Lettuce Wraps (leftovers, p. 29)</p> <p>DINNER: <i>Spinach Salad:</i> Toss 3 cups baby spinach, 1 cup blueberries and ¼ cup chopped pecans with 3 tbsp Balsamic Basil Dressing (leftovers). Top with 1 serving Baked Paprika Chicken (leftovers). 1 cup pineapple chunks</p>	<p>BREAKFAST: 1 serving Parsnip Hash (leftovers), topped with 2 eggs, fried in 1½ tsp ghee</p> <p>LUNCH: <i>Tuna Salad:</i> Toss 3 cups chopped romaine, 1 can tuna, drained and flaked, 1 tomato, diced, ½ cup cucumber, diced, and 6 Kalamata olives with 3 tbsp Balsamic Basil Dressing (leftovers) 1 cup pineapple chunks</p> <p>DINNER: 1 serving Fish Taco Lettuce Wraps (leftovers, p. 29)</p>	<p>BREAKFAST: 1 serving Parsnip Hash (leftovers), topped with 2 eggs, fried in 1½ tsp ghee</p> <p>LUNCH: <i>Salmon Salad:</i> Toss 3 cups chopped iceberg lettuce, 1 can salmon, drained and flaked, ½ cup each diced tomato and cucumber, ½ avocado, diced, and ¼ cup sliced red onion with 3 tbsp Balsamic Basil Dressing (leftovers)</p> <p>DINNER: 1 serving <i>Ginger Chicken Stir-Fry with Spaghetti Squash</i> (p. 31; save leftovers) 1 cup pineapple chunks</p>	<p>NUTRIENTS: Calories: 1,925, Fat: 129 g, Sat. Fat: 33 g, Carbs: 107 g, Fiber: 33 g, Sugars: 34 g, Protein: 95 g, Sodium: 1,913 mg, Cholesterol: 691 mg</p>	<p>NUTRIENTS: Calories: 1,997, Fat: 126 g, Sat. Fat: 29 g, Carbs: 140 g, Fiber: 43 g, Sugars: 52 g, Protein: 94 g, Sodium: 1,975 mg, Cholesterol: 291 mg</p>	<p>NUTRIENTS: Calories: 1,935, Fat: 27 g, Sat. Fat: 32 g, Carbs: 110 g, Fiber: 30 g, Sugars: 41 g, Protein: 101 g, Sodium: 1,845 mg, Cholesterol: 653 mg</p>	<p>NUTRIENTS: Calories: 2,040, Fat: 127 g, Sat. Fat: 33 g, Carbs: 119 g, Fiber: 29 g, Sugars: 59 g, Protein: 106 g, Sodium: 1,861 mg, Cholesterol: 634 mg</p>	FRIDAY	SATURDAY	SUNDAY	<p>BREAKFAST: <i>Loaded Sweet Potato:</i> Bake 1 sweet potato. Sauté ¼ cup diced red onion, 1 minced clove garlic and 4 oz ground turkey in 1 tbsp coconut oil until turkey is cooked. Add 1 cup spinach, 1 tsp parsley, ½ tsp cumin, ¼ tsp each paprika, oregano and pepper and ⅛ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.</p> <p>LUNCH: 1 serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 31)</p> <p>DINNER: <i>Tuna Salad:</i> Toss 3 cups chopped romaine, 1 can tuna, drained and flaked, 1 tomato, diced, ½ cup cucumber, diced, and 6 Kalamata olives with 3 tbsp Balsamic Basil Dressing (leftovers) 1 cup pineapple chunks</p>	<p>BREAKFAST: <i>Tex-Mex Omelette:</i> Combine ½ avocado, diced, ½ cup diced tomato, 2 tbsp each chopped red onion and cilantro, 1 minced clove garlic, 1 tsp lime juice, ⅛ tsp each salt and pepper and dash hot sauce. Cook 2 eggs, whisked, in 1 tbsp ghee for 2 minutes; flip and cook 30 seconds more. Top with avocado mixture.</p> <p>LUNCH: <i>Salmon Salad:</i> Toss 3 cups chopped iceberg lettuce, 1 can salmon, drained and flaked, ½ cup each diced tomato and cucumber, ½ avocado, diced, and ¼ cup sliced red onion with 3 tbsp Balsamic Basil Dressing (leftovers)</p> <p>DINNER: 1 serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 31)</p>	<p>BREAKFAST: <i>Tex-Mex Omelette:</i> Combine ½ avocado, diced, ½ cup diced tomato, 2 tbsp each chopped red onion and cilantro, 1 minced clove garlic, 1 tsp lime juice, ⅛ tsp each salt and pepper and dash hot sauce. Cook 2 eggs, whisked, in 1 tbsp ghee for 2 minutes; flip and cook 30 seconds more. 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EVOO = extra-virgin olive oil



A NOTE ABOUT SNACKS

Our meal plans usually include midmorning and afternoon snacks, but we left them out purposely to be in line with the philosophy of the Whole30, where the mantra is to eat three filling and satisfying meals each day to keep hormones in a healthy rhythm and focus on mindful eating.

There are exceptions to the rule, of course. If you're working out, feeling lightheaded or pregnant or nursing, include snacks as needed. Listen to your body and choose healthy options. Here are some suggestions:

- 1 or 2 hard-boiled eggs with salt and black pepper
- ½ cup diced avocado with hemp hearts, salt, black pepper and red pepper flakes
- 1 Whole30-compliant meat stick
- 1 apple with 3 to 4 tbsp almond butter
- ½ cup guacamole with homemade plantain chips
- ¼ to ½ cup mixed roasted nuts
- 1 or 2 deviled eggs made with a compliant mayonnaise
- 3 or 4 sashimi bites made with nori, avocado, canned salmon and Whole30-compliant hot sauce
- Cucumber slices tossed with apple cider vinegar and toasted sesame seeds



SHOPPING LIST

PROTEINS

- 1 dozen large eggs
- 1 lb lean ground turkey
- 2 lb boneless, skinless chicken breasts
- 3 5-oz BPA-free cans wild tuna in water
- 2 5-oz BPA-free cans wild salmon in water
- 12 oz haddock or cod fillets

VEGGIES & FRUITS

- 1½ pints blueberries
- 1 lime
- 1 pineapple
- 5 avocados
- 3 heads romaine lettuce
- 1 large head iceberg lettuce
- 8 oz baby spinach
- 1 small bunch kale
- 1¼ lb bok choy
- 12 oz carrots
- 9 oz parsnips
- 2 cucumbers
- 7 oz white mushrooms
- 2 yellow onions
- 1 red onion
- 3 green onions
- 1 large head garlic
- 1 3-inch piece fresh ginger
- 1 jalapeño
- 1 bunch fresh basil
- 1 small bunch fresh cilantro

- 1 spaghetti squash (5 to 6 lb)
- 2 small sweet potatoes
- 6 vine tomatoes
- 1 bunch parsley

NUTS, SEEDS & OILS

- ghee
- extra-virgin olive oil
- avocado oil
- sesame oil
- 2 oz chopped pecans
- 4 oz sesame seeds
- almond flour

PANTRY STAPLES

- 1 jar Kalamata olives
- balsamic vinegar
- hot sauce
- coconut aminos
- arrowroot
- paprika
- cayenne pepper
- red pepper flakes
- ground cinnamon
- ground turmeric
- sea salt
- black pepper
- coconut oil
- ground cumin
- oregano 

