



KickOff
Saturday,
September 7
11:30a to 1:30p
CFC

**Sponsored by the Health Cabinet
at Myers Memorial UMC
301 S. New Hope Road
Gastonia, NC 28054**

www.MyersMemorialUMC.org/health-cabinet



THE OFFICIAL WHOLE30 PROGRAM RULES



YES

EAT REAL FOOD



Eat moderate portions of meat, seafood, and eggs; lots of vegetables; some fruit; plenty of natural fats; and herbs, spices, and seasonings. Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're whole and unprocessed.



NO

AVOID FOR 30 DAYS



More important, here's what not to eat during the duration of your Whole30 program. Omitting all of these foods and beverages 100% for 30 days will help you eliminate cravings, restore a healthy metabolism, heal the digestive tract, reduce systemic inflammation, and discover how these foods are truly impacting how you look, how you feel, and your quality of life.

⊗ **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 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 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 totally missing the point of the Whole30, and will compromise your life-changing results. These are the same foods that got you into health-trouble in the first place—and a pancake is still a pancake, even if it is made with coconut flour.

Some specific foods that fall under this rule include: pancakes, waffles, bread, tortillas, biscuits, muffins, cupcakes, cookies, brownies, pizza crust, alternative flour pasta, cereal, or ice cream. No commercially-prepared chips (potato, tortilla, plantain, etc.) or French fries either. However, this list is not limited strictly 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. Our mantra: When in doubt, leave it out. It's only 30 days.

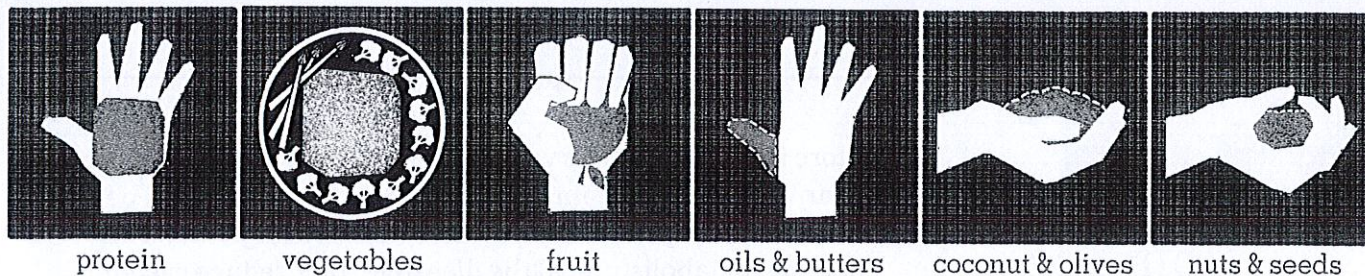
One last and final rule:

⊗ **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 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, so you can see one of the more tangible results of your efforts when your program is over.)

READ MORE ABOUT THE WHOLE30 PROGRAM RULES at [whole30.com/program-rules](https://www.whole30.com/program-rules)

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Practice good mealtime habits. Eat meals at the table in a relaxed fashion. Do not allow distractions like TV, phone or email while you are eating. Chew slowly and thoroughly, don't gulp. Take the time to enjoy the delicious, healthy food you have prepared!

meals

Eat three meals a day, starting with a good breakfast. Base each meal around 1-2 palm-sized protein sources. Fill the rest of your plate with vegetables. Occasionally add a serving of fruit. Add fat in the following recommended amounts per meal:

- All oils and cooking fats (olive oil, animal fats, etc.): 1-2 thumb-sized portions
- All butters (ghee, coconut butter, nut butters, etc.): 1-2 thumb-sized portions
- Coconut (shredded or flaked): 1-2 open (heaping) handfuls
- Olives: 1-2 open (heaping) handfuls
- Nuts and seeds: Up to one closed handful
- Avocado: ½ - 1 avocado
- Coconut milk: Between 1/4 and 1/2 of one (14 oz.) can

Make each meal large enough to satisfy you until the next meal - don't snack, if you can help it. Stop eating a few hours before bed.

pre-wo

Eat 15 - 75 minutes pre-workout, as a signal to prepare your body for activity. If you train first thing in the morning, something is better than nothing. Choose foods that are easily digestible and palatable. This is the most variable factor in our template, so experiment with different foods, quantities and timing.

Include a small amount of protein (½ a meal size or smaller), and (optionally) a small amount of fat (½ a meal size or smaller). Do not add fruit or carb-dense vegetables to your pre-workout snack.

post-wo

Eat immediately following exercise (15-30 minutes). Eat a meal-sized easily digestible protein, plus the appropriate amount of carb-dense vegetables based on the Carb Curve in *It Starts With Food*. Do not use fruit as your primary post-workout carb, and add little to no fat. Examples of carb-dense vegetables appropriate for post-workout include sweet potatoes/yams, taro/poi, butternut squash, acorn squash, pumpkin or beets.

Note, your PWO meal is a special bonus meal – not meant to replace breakfast, lunch or dinner. Think of it as a necessary source of additional calories and nutrients, designed to help you recover faster and more efficiently from high intensity exercise.

Protein

Best choice: look for words like 100% grass-fed, pastured, wild-caught, and organic on the label

Avoid: processed meats (pre-made sausage, burgers, bacon, deli meat, etc.) with added sugar, carrageenan, MSG, or sulfites

- | | | |
|---|--|---|
| ☐ Eggs _____ | ☐ Turkey (Ground) _____ | ☐ Pork (Ground) _____ |
| ☐ Beef (Ground) _____ | ☐ Turkey (Whole) _____ | ☐ Pork (Chops) _____ |
| ☐ Beef (Steak) _____ | ☐ Turkey (Other) _____ | ☐ Pork (Sausage) _____ |
| ☐ Beef (Other) _____ | ☐ Salmon _____ | ☐ Pork (Bacon) _____ |
| ☐ Chicken (Ground) _____ | ☐ Whitefish _____ | ☐ Deli Meat _____ |
| ☐ Chicken (Breast/Thigh) _____ | ☐ Shrimp _____ | ☐ _____ |
| ☐ Chicken (Sausage) _____ | ☐ Scallops _____ | ☐ _____ |
| ☐ Chicken (Whole) _____ | ☐ Seafood (Other) _____ | ☐ _____ |

Vegetables

This is a comprehensive but not exhaustive list. All vegetables but corn, peas, and lima beans are allowed on the Whole30.

- | | | | |
|--|---|--|--|
| ☐ Acorn Squash | ☐ Cauliflower | ☐ Leeks | ☐ Sugar Snap Peas |
| ☐ Artichoke | ☐ Celery | ☐ Lettuce (all) | ☐ Spaghetti Squash |
| ☐ Arugula | ☐ Collard Greens | ☐ Mushrooms (all) | ☐ Spinach |
| ☐ Asparagus | ☐ Cucumber | ☐ Okra | ☐ Sprouts |
| ☐ Beets | ☐ Delicata Squash | ☐ Onion | ☐ Summer Squash |
| ☐ Bell Peppers | ☐ Eggplant | ☐ Parsnips | ☐ Sweet Potato/Yams |
| ☐ Bok Choy | ☐ Endive | ☐ Potatoes (all) | ☐ Swiss Chard |
| ☐ Broccoli/Broccolini | ☐ Fennel (Anise) | ☐ Pumpkin | ☐ Tomato |
| ☐ Broccoli Rabe | ☐ Frisée (Curly Endive) | ☐ Radish | ☐ Turnip |
| ☐ Brussels Sprouts | ☐ Garlic | ☐ Rutabaga | ☐ Zucchini |
| ☐ Buttercup Squash | ☐ Green Beans | ☐ Rhubarb | ☐ _____ |
| ☐ Butternut Squash | ☐ Greens (beet, mustard, turnip) | ☐ Romaine | ☐ _____ |
| ☐ Cabbage | ☐ Jalapeño/Hot Peppers (all) | ☐ Shallots | ☐ _____ |
| ☐ Carrots | ☐ Kale | ☐ Snow Peas | ☐ _____ |

Fruit

This is a comprehensive but not exhaustive list. All fruit is allowed on the Whole30.

- | | | | |
|---------------------------------------|---------------------------------------|--|---------------------------------------|
| ☐ Apples (all) | ☐ Grapefruit | ☐ Nectarines | ☐ Pomegranate |
| ☐ Apricots | ☐ Grapes (all) | ☐ Oranges (all) | ☐ Raspberries |
| ☐ Bananas | ☐ Jicama | ☐ Papaya | ☐ Strawberries |
| ☐ Blackberries | ☐ Kiwi | ☐ Peaches | ☐ Tangerines |
| ☐ Blueberries | ☐ Lemon | ☐ Pears (all) | ☐ Watermelon |
| ☐ Cherries | ☐ Lime | ☐ Pineapple | ☐ _____ |
| ☐ Dates | ☐ Mango | ☐ Plantains | ☐ _____ |
| ☐ Figs | ☐ Melon | ☐ Plum | ☐ _____ |

Fats

COOKING FATS

- ☐ Clarified Butter
- ☐ Duck Fat
- ☐ Ghee
- ☐ Coconut Oil
- ☐ Extra-Virgin Olive Oil
- ☐ Lard (Pork Fat)
- ☐ Palm Oil
- ☐ Tallow (Beef Fat)

EATING/DRESSING

- ☐ Avocado
- ☐ Avocado Oil
- ☐ Coconut Butter
- ☐ Coconut (Flakes, Shredded)
- ☐ Coconut Milk (Canned)
- ☐ Light Olive Oil
- ☐ Olives (all)
- ☐ Sesame Oil

NUTS AND SEEDS

- ☐ Almonds
- ☐ Almond Butter
- ☐ Brazil Nuts
- ☐ Cashews
- ☐ Hazelnuts/Filberts
- ☐ Macadamia Nuts
- ☐ Pecans
- ☐ Pistachio
- ☐ Flax Seeds
- ☐ Pine Nuts
- ☐ Pumpkin Seeds/Pepitas
- ☐ Sesame Seeds
- ☐ Sunflower Seeds
- ☐ Sunflower Seed Butter
- ☐ Walnuts
- ☐ _____

Read your labels! Make sure all ingredients in your spice mixtures, pantry goods, and beverages are Whole30 compliant.

Herbs & Spices

- ☐ Allspice
- ☐ Basil (Fresh/Dried)
- ☐ Bay Leaves
- ☐ Black Pepper
- ☐ Black Peppercorns
- ☐ Cayenne
- ☐ Chili Powder
- ☐ Chipotle Powder
- ☐ Chives

- ☐ Cilantro (Fresh/Dried)
- ☐ Cinnamon
- ☐ Cloves (Ground)
- ☐ Cumin
- ☐ Curry Powder (Red/Yellow)
- ☐ Dill (Fresh/Dried)
- ☐ Garlic Powder
- ☐ Ginger (Fresh/Dried)
- ☐ Ground Cloves

- ☐ Lemongrass
- ☐ Mustard Powder
- ☐ Nutmeg
- ☐ Onion Powder
- ☐ Oregano (Fresh/Dried)
- ☐ Paprika
- ☐ Parsley (Fresh/Dried)
- ☐ Red Pepper Flakes
- ☐ Rosemary (Fresh/Dried)

- ☐ Sage (Fresh/Dried)
- ☐ Salt (Iodized/Sea Salt)
- ☐ Thyme (Fresh/Dried)
- ☐ Wasabi Powder
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Pantry

- ☐ Almond Flour
- ☐ Apple Cider Vinegar
- ☐ Arrowroot Powder
- ☐ Balsamic Vinegar
- ☐ Beef Broth
- ☐ Canned Butternut Squash
- ☐ Canned Pumpkin
- ☐ Canned Sweet Potato
- ☐ Canned Salmon

- ☐ Canned Tuna
- ☐ Capers
- ☐ Chicken Broth
- ☐ Cocoa (100% Cacao)
- ☐ Coconut Aminos
- ☐ Coconut Flour
- ☐ Dried Cranberries
- ☐ Dried Fruit _____
- ☐ Fish Sauce

- ☐ Hot Sauce
- ☐ Mustard (all)
- ☐ Pickles (all)
- ☐ Raisins
- ☐ Red Wine Vinegar
- ☐ Rice Vinegar
- ☐ Roasted Red Peppers
- ☐ Sardines
- ☐ Tapioca Starch

- ☐ Tomato Paste
- ☐ Tomatoes (Diced/Crushed)
- ☐ Tomatoes (Sun-Dried)
- ☐ Vegetable Broth
- ☐ White Vinegar
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Drinks

- ☐ Apple Cider
- ☐ Cacao (100%) Drinks
- ☐ Club Soda
- ☐ Coconut Water
- ☐ Coffee
- ☐ Fruit Juice (all)
- ☐ Kombucha

- ☐ Mineral Water
- ☐ Naturally Flavored Water
- ☐ Seltzer Water
- ☐ Sparkling Water
- ☐ Tea (all)
- ☐ Vegetables Juice

Other

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

We can't argue the fact that it's cheaper to eat fast food than to craft your own healthy dish by hand... but then again, being tired, run-down, sick, and overweight is pretty "expensive" too, when it comes to your quality of life. (Then *again*, we don't need to argue for all of the reasons you should eat better, because if you've read *It Starts With Food*, you're already sold!) It's important to make healthy eating a top financial priority, but there are plenty of ways you can stretch your current food budget, too.

priority #1: protein

Hit the meat, fish, and eggs section first, as the majority of your budget should be spent on high quality animal protein sources.

- **Best choice:** Look for grass-finished or grass-fed, pastured, organic and wild-caught. Buy whatever's available, and learn how to cook it, if necessary. If you have room in your budget, buy extra and freeze it for later. Hit the dairy case for organic, pastured eggs - even at \$5 a dozen, they're still one of the cheapest sources of protein.
- **Good choice:** If you just can't afford grass-fed or pastured meat, go for ruminant animals (beef, lamb, goat, elk, bison, venison), fish and eggs first; chicken and pork second. Buy the leanest cuts available and trim all the fat (or skin) before eating.
- **Avoid:** Bypass all commercially-raised processed meats (like bacon, sausage and deli meats).

priority #2: produce

Next, wander over to produce section (and the freezer, for economical options). Remember, high-quality protein sources are of a higher health priority than organic fruit and vegetables. Pesticides aren't great, but the downsides of factory farmed meat are worse.

- **Vegetables:** Load up on veggies before heading to the fruit section. Go for local and seasonal whenever possible, as these are going to be the least expensive and most nutritious. Choose nutrient dense veggies more often. Use the Environmental Working Group's "Clean Fifteen" and "Dirty Dozen" lists to help you determine whether to buy organic or not (<http://ewg.org>), or use this simple rule - if you peel it before eating (or don't eat the skin), organic isn't as important. Frozen vegetables can also be a budget-friendly option.
- **Fruits:** Buy what you can locally (and organically, if possible). If you can't get it locally then it's probably not in season, which means it's not as fresh, not as tasty, and more expensive. Frozen fruits (like berries) are inexpensive alternatives.

priority #3: healthy fats

Healthy fats are the last stop in your shopping. Buy less expensive fats (which are also, coincidentally, some of the healthiest) for your everyday meals, and stock up on oils, nuts, and seeds when you can.

- **Bang for your buck:** Some of the best sources of fat are also the least expensive. Canned coconut milk costs about \$2.00 and provides a whopping 72 grams of fat per can! Avocados are a year-round option, and generally inexpensive.
- **Stock up:** When there's a little extra room in your grocery budget, stock up on coconut oil, olive oil, and organic, pastured butter or ghee. These items are a little pricier, but a little goes a long way and they will last you quite a while.
- **Don't go nuts:** Beware the temptation to use nuts, seeds, and nut butters as a primary fat source, as they're not your healthiest option, and they tend to be pricey. This is another place where it's essential to read your labels. Many of the lower priced nuts are roasted in seed or vegetable oils - a less healthy option - so always go for the raw or dry roasted choice.

Your healthy eating pantry (and fridge) are not complete without these staple items, easily found in most health food stores. Read your labels here too! On the Whole30, no added sugar, soy, carrageenan, MSG, sulfites, or other off-plan ingredients.

pantry item

helpful hints

Almond flour	Use almond flour/meal to thicken a sauce or to coat meat or fish before baking.
Applesauce	Unsweetened brands, like Santa Cruz Organics .
Beef or chicken broth	Some Imagine broths are Whole30-friendly, but it's best to make your own .
Butter (clarified) or ghee	Pastured and organic - like Whole30 Approved Pure Indian Foods or OMGhee .
Canned meats (salmon, tuna, chicken)	Read your labels—no soy, sugar or other less healthy ingredients.
Canned vegetables (sweet potato, squash, pumpkin)	The only ingredient should be the vegetable itself (and maybe water).
Cocoa (or 100% cacao)	100% cocoa or cacao adds flavor to meals and sauces. Treat it like a spice.
Coconut aminos	From Coconut Secret : Whole30-friendly, found in the soy sauce aisle.
Coconut butter	Also called "creamed coconut" or "coconut manna." Try Artisana brand.
Coconut (flaked or shredded)	Great for snacking or in recipes . Buy organic to avoid added sulfites.
Coconut milk	Get the full fat version, no sulfites. Try Thai Kitchen or Whole Foods 365 .
Coconut oil	Look for the unrefined kind—organic isn't important here.
Curry paste	Red, green, or yellow will spice up any curry. Try Thai Kitchen brand.
Fish sauce	Watch for added sugar here! We like Whole30 Approved Red Boat Fish Sauce .
Hot sauce	Try Whole30 Approved Tessemae's or Horsetooth Hot Sauce .
Jerky	Remember, no added sugar! Try Primal Pacs , Chomps , and Gourmet Grassfed .
Mustard	Read your labels—no added sugar, corn starch, maltodextrin, etc.
Nuts and seeds	Raw or dry-roasted, salt is optional.
Nut butters	Look for no added sugar, like Whole30-friendly Organic Sunbutter .
Olives (black, green, etc.)	Any variety, canned or fresh - as long as there are no added sulfites.
Olive oil	Extra-virgin for dressings, sauces, and cooking; light for homemade mayo.
Pickles, relish, diced green chiles, capers, etc.	Add spice and flavor to meals and sauces—but as always, read your labels.
Raisins, currants, dried figs, etc.	A little goes a long way to flavor a dish or add some sweetness. Use sparingly.
Sesame oil	On our "limit" list, but a small amount can add lots of flavor.
Tomatoes (crushed, paste)	The best ingredient list would read just "tomatoes," like Pomi brand.
Vinegar (balsamic, cider, red wine, white, etc.)	All vinegar varieties (except for malt) are Whole30 permitted, even rice or wine.

Read every label carefully. Look at the ingredients *and* the allergy warning to see if the food contains anything off-limits. While we encourage you search for additive-free foods, the only additives that will exclude the product from the Whole30 are the ones specified as "off-limits." Refer to the "Can I Have..." section of *The Whole30* (starting on page 60) for details.

off-limits for the program

- **CARRAGEENAN:** Thickening, gelling, and stabilizing agent common in almond milk or deli meat
- **CORN STARCH:** Grain-based thickening agent
- **MONOSODIUM GLUTAMATE (MSG):** Flavor enhancer common in canned tuna or broth
- **SOY LECITHIN:** Soy-based emulsifier commonly found in everything from almond milk to tea bags
- **SULFITES (SULFUR DIOXIDE, SODIUM BISULFITE, POTASSIUM METABISULFITE):** Preservative common in dried fruit or canned coconut milk

acceptable for the program

- | | |
|--|--|
| <ul style="list-style-type: none"> • ACACIA OR AGAVE INULIN
Soluble fiber, prebiotic source, common in milks or creamers • ACETIC ACID
Preservative or flavor enhancer in vinegar or pickled foods • ALPHA TOCOPHEROL (VITAMIN E)
Antioxidant, nutrient • ASCORBIC ACID (VITAMIN C)
Antioxidant, nutrient, color stabilizer • BETA-CAROTENE
Coloring agent, carotenoid (nutrient) • CALCIUM CARBONATE
Used as an inexpensive calcium supplement in almond milk • CALCIUM CHLORIDE
Firming agent, salty flavoring in canned tomatoes or pickles • CITRIC ACID, SODIUM CITRATE
Preservative or flavoring common in canned tomatoes • FERROUS GLUCONATE
A common color-preserving agent found in canned olives, • GUMS (ACACIA, GELLAN, GUAR, LOCUST BEAN, XANTHAN)
Thickening and stabilizing agent common in milks or creamers • INULIN (OTHER SOURCES, INCLUDING IMO)
Soluble fiber, prebiotic source, and/or fat substitute | <ul style="list-style-type: none"> • LACTIC ACID
Produced by fermentating carbohydrates, often in kombucha • NATURAL FLAVORS*
Flavoring agent common in a wide variety of products • NIACIN (VITAMIN B3)
Nutrient • PECTIN (SODIUM PECTINATE)
Gelling agent common in jams or jellies • POTASSIUM CHLORIDE
Salt substitute • POTATO STARCH
Thickening agent • RIBOFLAVIN (VITAMIN B2)
Nutrient • SALT (SODIUM CHLORIDE)
Flavoring, preservative • SODIUM NITRITE, SODIUM NITRATE
Preservative, coloring, or flavoring agent • SUNFLOWER LECITHIN
An emulsifier found in almond milk, as an alternative to soy • ZINC GLUCONATE
Popular form for the delivery of zinc as a dietary supplement |
|--|--|

*While these chemicals are derived from natural sources, they are then purified, extracted, and added back into the food in a lab. While even the conservative Environmental Working Group says "natural flavors" aren't linked to any ill health effects, it's still confusing to see them on a label. We'd prefer ingredient transparency, but don't rule out natural flavors on the Whole30, and aren't concerned about their health effects.

Here is a very, very long list of the Whole30 benefits you may have experienced. (And we're sure you'll find a few that aren't detailed here!) We call these "non-scale victories"—in fact, that phrase even has its own hashtag (#NSV) on social media, because we believe it's so critical to evaluating your Whole30 results. So take a moment (before you get on that scale) to check off everything you've noticed in the last thirty days. Be generous here—you worked hard, and you deserve to be proud of what you've accomplished!

Physical (Outside)

- | | | |
|---|---|--|
| ☐ Fewer blemishes | ☐ Brighter eyes | ☐ Wedding ring fitting better |
| ☐ Glowing skin | ☐ Fresher breath | ☐ Less bloating |
| ☐ No more under-eye circles | ☐ Whiter teeth | ☐ More defined muscle tone |
| ☐ Improvement in rashes or patches | ☐ Flatter stomach | ☐ Less joint swelling |
| ☐ Less dimpled skin | ☐ Leaner appearance | ☐ Looking younger |
| ☐ Longer, stronger nails | ☐ Clothes fitting better | ☐ Feeling more confident in your appearance |
| ☐ Stronger, thicker hair | | |

Physical (Inside)

- | | | |
|---|--|---|
| ☐ Healthier gums | ☐ Less bloating | ☐ Less chronic fatigue |
| ☐ Less stiff joints | ☐ Improved "regularity" | ☐ Less tendonitis/bursitis |
| ☐ Less painful joints | ☐ You don't get sick as often | ☐ Less shoulder/back/knee pain |
| ☐ Fewer PMS symptoms | ☐ Fewer seasonal allergies | ☐ Improved blood pressure |
| ☐ A more regular monthly cycle | ☐ Reduction in food allergies | ☐ Improved cholesterol numbers |
| ☐ Increased libido | ☐ Fewer migraines | ☐ Improved circulation |
| ☐ Less stomach pain | ☐ Fewer asthma attacks | ☐ Improved blood sugar regulation |
| ☐ Less diarrhea | ☐ Less acid reflux | ☐ Improved medical symptoms |
| ☐ Less constipation | ☐ Less heartburn | ☐ Reduced or eliminated medications |
| ☐ Less gas | ☐ Less chronic pain | ☐ Recovering faster from injury or illness |

Mood, Emotion, and Psychology

- | | | |
|---|--|--|
| ☐ You're happier | ☐ You handle stress better | ☐ Fewer sugar cravings |
| ☐ You're more outgoing | ☐ Your kids say you're more fun | ☐ Fewer carb cravings |
| ☐ You're more patient | ☐ Fewer mood swings | ☐ Improved body image |
| ☐ You're more optimistic | ☐ Improved behavior (kids) | ☐ Improved self-esteem |
| ☐ You laugh more | ☐ Fewer tantrums (kids) | ☐ Improved self-confidence |
| ☐ You're less anxious | ☐ Less depression | ☐ Less reliance on the scale |
| ☐ You're less stressed | ☐ Improved mental health | ☐ Feeling in control of your food |

Food and Behaviors

- | | | |
|--|---|---|
| ☐ Healthier relationship with food | ☐ Abandoned yo-yo or crash dieting | ☐ No longer a slave to sugar/carbs |
| ☐ Improved disordered eating habits | ☐ No longer afraid of dietary fat | ☐ Can identify cravings vs. hunger |
| ☐ No more binging | ☐ Learned how to cook | ☐ Fewer cravings |
| ☐ Practicing mindful eating | ☐ No longer use food for comfort | ☐ Healthy strategies to deal with cravings |
| ☐ Learned how to read a label | ☐ No longer use food as reward | ☐ More nutrition in your diet |
| ☐ Eats to satiety | ☐ No longer use food as punishment | ☐ Food no longer has unwanted "side effects" |
| ☐ Listens to your body | ☐ No longer use food as love | ☐ No more food guilt or shame |

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Brain Function

- ☐ Improved attention span
- ☐ Improved performance at job or school
- ☐ Improved memory
- ☐ Faster reaction times
- ☐ Fewer ADD/ADHD symptoms
- ☐ You think more clearly
- ☐ You feel generally more productive

Sleep

- ☐ You're sleeping more
- ☐ You fall asleep more easily
- ☐ You sleep more soundly
- ☐ You no longer need a sleep aid
- ☐ No more "snooze" button
- ☐ You awaken feeling refreshed
- ☐ Less snoring
- ☐ Less night sweats
- ☐ Less sleep apnea
- ☐ Fewer night cramps

Energy

- ☐ Energy levels are higher
- ☐ Energy levels are more even
- ☐ More energy in the morning
- ☐ No more mid-day energy slump
- ☐ More energy to play with your kids
- ☐ More energy to exercise
- ☐ More energy to socialize
- ☐ More energy at work or school
- ☐ You no longer need to eat every two hours
- ☐ You no longer get cranky if you don't eat
- ☐ You feel energetic between meals
- ☐ You need less sugar or caffeine

Sport, Exercise, and Play

- ☐ You started moving or exercising
- ☐ You became more consistent with exercise
- ☐ You can exercise longer, harder, or faster
- ☐ You feel more athletic

- ☐ You can lift heavier things
- ☐ You hit new "personal bests"
- ☐ You recover more effectively
- ☐ You're trying new activities

- ☐ You play more with your kids or dog
- ☐ You're more coordinated
- ☐ Your balance is better
- ☐ You're outside more

Lifestyle and Social

- ☐ New healthy habits to teach your kids
- ☐ More knowledgeable about nutrition
- ☐ Shop locally and eat seasonally
- ☐ New cooking skills
- ☐ New recipes
- ☐ Meal prep is organized and efficient

- ☐ Made new like-minded friends who support your lifestyle
- ☐ Maximize your food budget
- ☐ Spend less time and money at the doctor's office
- ☐ You've created other health goals
- ☐ Healthy eating habits have brought your family closer
- ☐ You've joined a new community
- ☐ Your kids have the best school lunches
- ☐ People ask you what you're doing differently
- ☐ People come to you for health, food, or lifestyle advice
- ☐ You *are* Whole30

Sample menu Week ____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Veggie egg muffins	Veggie egg muffins	Egg white omelets, sweet potato, guac	Egg white omelets, sweet potato, guac	Poached egg, tomato slices, guac, sweet potato	Poached egg, tomato slices, guac, sweet potato	Sausage, potato and pepper bake
Salad, meat, avocado, apple	Salad, meat, avocado, apple	Salad, meat, avocado, cherries	Salad, meat, avocado, cherries	Salad, meat, olives, strawberries	Salad, meat, olives, strawberries	Salad, meat, olives, apple
Roast chicken, potatoes, roasted veggies	Crock pot pork shoulder, cole slaw, potatoes	Taco burgers	Lemon pepper chicken	Sheet pan fajita chicken	Meatloaf	Roasted tomatoes and meatballs

Breakfast

Lunch

Dinner

Martha's Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Egg Cup Fruit Veggie of choice	Smoothie (Almond milk, frozen bananas, Almond Butter) ON THE GO	Bacon, Scrambled Eggs,(with sauteéd onion and spinach) Avocado Fruit	Boiled Egg(s) Apple with Rx Vanilla Nut Butter (individual packets) ON THE GO	Breakfast of your choice	Breakfast of your choice	Breakfast of your choice
Lunch	*Unwich Fresh Fruit	Salad with Grilled Chicken Fresh Fruit	*Vegetable Soup Fresh Fruit	Unwich Fresh Fruit	Salad with Grilled Chicken Fresh fruit	Leftover Soup Fresh Fruit	*Chicken Salad on lettuce or lettuce wrap Fruit
Dinner	Bruschetta Chicken (<i>crock pot</i>) Served on riced cauliflower Roasted Veggies	Boston Butt or Pork Shoulder (<i>cooked in crock pot</i>) Serve Shredded pork on lettuce, with tomato, avocado, Salsa (=Taco Salad)	Kale, Sweet Potato and Sausage Soup (<i>crock Pot</i>) Broccoli Side Salad	White Chicken chili (<i>Crock Pot</i>) Slaw	Country Style Steak (<i>crock pot</i>) served on Riced Cauliflower Roasted Veggies	One Pan Bake Turkey Sausage, Squash, Zucchini, Broccoli Diced sweet potato	Hamburgers Topped with tomato, dill pickle, lettuce *Home made roasted red potato coins Slaw
Snack ideas	Apple with Rx Vanilla Nut Butter	Almonds, Macadamia Nuts, Pistachios	Rx Bars	Chomps (jerky type meat stick) available Wal- Mart	Celery with Almond Butter	Banana with Almond Butter	*Pickle in a blanket

Other Entree: Beef Stew or Roast, Potatoes and Carrots (Easy Crock Pot)

Recipe or Notes for Martha's Menu

Egg Cup - Recipe in handout	Unwich- Head of lettuce cut into circular slices. Spread with compliant Mayonnaise or Mustard, compliant luncheon meat, sliced tomatoe, pickle	Vegetable Soup - 1 lb browned grass fed ground beef, 4 medium size diced potatoes, 1 large can diced organic tomatoes, 1 diced zucchini, 1 onion chopped, 1 box beef bone broth, and you can add frozen okra, diced carrots....any veggie you want. It freezes well.	Bruchetta Chicken 4-5 chicken breast in Crock Pot. Add one Large container fresh salsa . Cook low all day or High for 5-6 hours. Shred and use on top of riced cauliflower. Serve with side salad
Kale, Sweet Potato and Sausage Soup (Recipe for Crock pot is found in handout)	Country Style Steak recipe in handout	One pan bake cut Aidells Chicken and Apple sausage into pieces, coat and salt vegies with olive oil and bake all at 3:50 for 30-40 minutes (depending on the size pieces of the veggies)	Pickle in a blanket start with deli compliant meat, coat with mayo (or any compliant spread), and start with whole dill pickle at one end and roll. Leave whole or cut into pieces and use toothpicks to hold deli meat on pieces of pickle.

Veggie and Egg Muffins



Batch: 1 (8

Servings)

Active Time:

20 m

Total Time: 40

m

Ingredients

1 large sweet potato
10 slices prosciutto
2 large poblano peppers
1 large onion
4 cups baby spinach
2 tablespoons olive oil, or
ghee
sea salt, to taste
ground black pepper, to
taste
2 teaspoons coconut oil,
plus more for greasing pan
12 eggs
1 tablespoon hot sauce
1/2 teaspoon sea salt
1/2 teaspoon ground black
pepper

How To Prepare

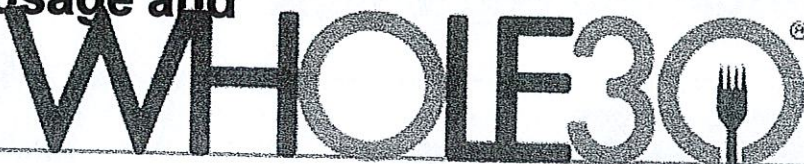
1. Dice sweet potato. Cut prosciutto in half. Chop finely poblano peppers and onion. Roughly chop spinach.
2. Preheat oven to 375F. Grease a foil or parchment-paper-lined baking sheet, then spread diced sweet potatoes into a single layer. Drizzle sweet potatoes with olive oil or ghee, mix to coat, and season with salt and pepper to taste, plus seasonings to choice.
3. While sweet potatoes are baking, heat coconut oil in a skillet over medium-high heat. Sauté poblano peppers and onions until they start to soften, then add chopped spinach, cooking until it is just wilted. Once the potatoes are fork-tender (after baking for about 10-15 minutes), add them to the skillet along with the other veggies.
4. To prepare the muffin tins, brush tins with melted coconut oil or olive oil (do not skip this step), then line each cup with a half slice of prosciutto.
5. In a large bowl, whisk eggs, then season with the hot sauce, salt, and pepper. Add veggie mixture and combine. Using a 1/4 cup measuring cup, scoop the egg and veggie mixture into prosciutto-lined muffin tins.
6. Bake at 350F for 15-20 minutes or until set. Allow to cool for a few minutes, then remove from muffin tins using a butter knife or a spoon.

This is a subscription recipe with a fixed portion size



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Roasted Potatoes with Sausage and Peppers



Ingredients

3 red potatoes
3 Yukon Gold potatoes
3/4 red bell pepper
1/3 onion
12 ounces chicken
sausages
2 1/4 tablespoons avocado
oil
3/4 teaspoon dried rosemary
3/4 teaspoon dried thyme

How To Prepare

1. Preheat oven to 375F.
2. Dice potatoes and red bell pepper. Slice onion into thick chunks. Dice chicken sausage.
3. Place in a large bowl. Add oil, rosemary, and thyme. Mix well and lay flat in a baking sheet.
4. Place in oven and bake for 35-45 minutes, until potatoes are fork tender and browning.

Serving: 3

Active Time:

10 m

Total Time: 55

m

Whole30 Subscription Recipe



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Loaded Chicken & Potato Casserole | PALEO, Whole30

 justjessieb.com/2017/11/loaded-chicken-potato-casserole-paleo/

November 19, 2017

I hope you enjoy this easy casserole that I based off of a "loaded potato" idea- but with free range chicken for some added bulk & protein. It has all the smoky flavors I crave, with the savory deliciousness of chopped garlic & onion, roasted broccoli, and crispy bacon.

Topped with a drizzle of your favorite compliant creamy sauce or ranch dressing, you've got a delicious Whole30 recipe to get you through any comfort food craving.

Ingredients:

- 1 to 2 lbs chicken breast, cut into 1" cubes
- 2 to 3 cups broccoli florets, chopped
- 1 lb gold potatoes, cut into 1" cubes
- 1/2 white onion, sliced then roughly chopped
- 5 to 6 garlic cloves, quartered

For the sauce

- 1/3 cup olive or avocado oil
- 2 Tbsp compliant hot sauce
- 2 tsp fresh ground black pepper
- 2 tsp smoked paprika
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp Italian or other herb blend

For garnish

- 6 slices compliant bacon (*make sure it's sugar free!*)
- 1/2 cup green onion, thinly sliced
- "Spicy Cream Sauce" (recipe [HERE](#))

Directions:

1. Preheat the oven to 400°F.
2. In a large bowl, mix the sauce ingredients until well combined.
3. Add the potatoes and white onion to the bottom of a 9 x 13" baking dish. Drizzle with about 1/2 of your sauce, stir to combine, then transfer to the oven. Bake for about 30 minutes, stirring once halfway through.
4. Meanwhile, fry the bacon in a pan and set aside on paper towels to drain.
5. Using the rendered bacon fat, brown the chicken cubes over medium high heat (*don't worry about cooking it through*). Add the browned chicken to the large bowl with the remaining sauce. Add the broccoli, garlic, and half of the green onions, and stir to coat.
6. Once the potatoes are done, pour the chicken and broccoli mixture over top. Bake for 12 to 15 minutes, or until the broccoli is lightly browned and chicken is cooked through.
7. Top the casserole with crumbled bacon and the remaining half of green onions. Drizzle with "Spicy Cream Sauce", or a compliant ranch dressing. Serve hot!

Whole30 Breakfast Bowls with Spicy Cream Sauce

 justjessieb.com/2017/06/whole30-breakfast-bowls-with-spicy/

June 13, 2017

Enjoy these hearty bowls – packed with crispy potatoes, fluffy eggs, and perfectly grilled sausage. Don't forget an extra drizzle of that spicy cream sauce! It really brings the whole dish together, making it so much more than a typical breakfast bowl.

Makes 4 hearty bowls, or 8 small bowls.

Ingredients:

For the Potatoes

- 8 Yukon Gold potatoes*
- 1 Tbsp avocado oil
- salt & pepper

For the Sausage

12 oz fully cooked sausage*

For the Eggs

- 8 eggs
- 1/4 cup spinach or arugula, chopped fine
- salt & pepper
- 1 Tbsp cooking fat

For the Sauce

- 1/4 cup avocado oil
- 1/4 cup full fat coconut milk
- juice of 1/2 lemon
- 1 egg (optional, for binding)
- 1 to 2 tsp compliant hot sauce
- 1/2 tsp each: garlic powder, dried chives
- 1/4 tsp Dijon mustard
- salt & pepper

Directions:

1. POTATOES – Preheat the oven to 400°F. Line a baking sheet with parchment paper, then brush the parchment with 1 Tbsp of oil and sprinkle with salt & pepper. Scrub the potatoes, then pat them dry. Slice the potatoes in half, then into cubes. Place them cut side down onto the greased & seasoned baking sheet. Bake for about 40 minutes, or until crispy and golden brown. *(I flip mine half way through, but you don't have to!)*
2. SAUSAGE – Grill on a stovetop grill pan or outdoor grill until browned on the outside.
3. EGGS – In a medium large bowl, whisk the eggs with salt & pepper, then stir in the arugula. In a medium skillet, heat the cooking fat over medium low. Pour in the eggs, and scramble until set.
4. SAUCE – Add all of the “sauce” ingredients to a blender or food processor. Pulse until well combined and slightly thickened. Transfer to a jar or bowl, and refrigerate until it firms up.
5. ASSEMBLY – Lay out your bowls (4 medium or 8 small) and add each component to the bowl: potatoes on bottom, then eggs & sausage on top. Drizzle with spicy cream sauce & store in the refrigerator until you're ready to eat.

*Notes:

- We love the flavor & texture of Yukon gold potatoes, but you can substitute any potato you prefer! Sometimes we switch things up with sweet potatoes.
- For compliant sausage, we love the fully cooked varieties from Aidell's or the Trader Joe's brand. I used the “Garlic Herb” from Trader Joe's for this recipe, and the flavor is awesome!
- If you're planning on prepping for an entire week, consider making your sauce in two batches. With the raw egg, I don't recommend holding onto it for longer than three days. You can make one batch at the beginning of the week, and another half way through.



♥ Jessie

Prosciutto Egg Cups

Prep time: 5 mins

Cook time: 17 mins

Servings: 3

Ingredients:

- 6 eggs
- 12 slices prosciutto
- Sea Salt
- Pepper
- Fresh or Dried Parsley (optional)

Equipment:

- Regular sized muffin tin
- Oven mitt
- Small knife

Directions:

1. Preheat the oven to 400F
2. Grease 6 cups of the muffin tin. I like to use coconut oil spray (similar to PAM)
3. Mold 2 pieces of prosciutto into each cup. Make sure there are no holes that the egg can seep through
4. Crack one egg into each of the prosciutto cups. Sprinkle with salt and pepper
5. Bake for 15 minutes. Remove and let sit for 3-5 minutes. Run a knife around the edge of each cup to loosen from the muffin tin
6. Sprinkle with parsley (optional) and enjoy!

BALSAMIC BEEF ROAST AND VEGGIES

PREP TIMECOOK TIMETOTAL TIME

20 mins

8 hours

8 hours 20 mins

SAVE

PRINT

Author: Sarah Olson

Serves: 6

INGREDIENTS

- 3-4 pound beef roast (either chuck or bottom round)
- ½ tsp. salt
- ¼ tsp. pepper
- cooking oil
- 1.5 pounds red potatoes, quartered
- 1 small white onion
- 1- 1.5 pounds carrots, peeled (cut up if the are large carrots)
- 1 garlic clove, minced
- 1 tsp. dried thyme
- 1 tsp. dried oregano
- ½ cup balsamic vinegar

Slow Cooker Size:

- 6-quart oval or larger

Taco Burgers



Ingredients

1/3 cup cilantro
1 1/2 eggs
2 pounds ground beef
1/3 cup almond flour
6 ounces diced green chiles
1 1/2 teaspoons chili powder
1 1/2 teaspoons ground cumin
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
3/4 teaspoon sea salt

Serving: 3

Active Time:

25 m

Total Time: 25

m

How To Prepare

1. Chop cilantro. Add eggs to a large bowl and lightly beat.
2. Add all other ingredients and combine with a fork or with your hands. Be careful not to over mix.
3. Line a cookie sheet with waxed paper, and using a 1/3 measuring cup, portion the burger mixture into equal scoops.
4. Form each scoop into a patty, spacing them out equally on the cookie sheet.
5. If desired, patties can be frozen at this point by placing cookie sheet in the freezer for an hour until frozen. Then place burgers in ziplock bags. When ready to cook, thaw in fridge.
6. To cook: Grill burgers for 4-5 minutes on each side or until cooked through.

This is an easy recipe to prepare the night before then pop in crock pot next morning to cook for the day.



Crock Pot Country Style Steak

Serve over riced cauliflower

Martha Dickson

Ingredients

- **4-5 Medium sized Red Potatoes (washed and diced)**
- **1 medium onion (diced)**
- **32 oz Organic Beef Bone Broth (enough to cover potatoes completely and about ½ way to top of meat)**
- **1.5 pounds grass fed ground beef (in 1 inch raw meatball chunks)**
- **Salt and Pepper (or your favorite compliant seasoning)**
- **½ cup Almond milk**

- 1. Line bottom of Crock Pot with diced potatoes and onion**
- 2. Add raw meatball chunks on top of potatoes and onion**
- 3. Add seasoning**
- 4. Pour bone broth over meat and potatoes**
- 5. Cook Low 7-8 hours or High 5 hours**
- 6. Temporarily remove beef chunks from crock pot and set aside**
- 7. Use mixer or hand mash potatoes with broth**
- 8. Add almond milk and mix**
- 9. Return cooked beef chunks to mixture and serve over riced cauliflower**

Sheet Pan Fajitas

A easy and family friendly one pan dinner! Top a salad, fill a tortilla or wrap it up in a lettuce or bread wrap!

35 minutes

Ingredients

Gluten free, Paleo

Serves 6

Meat

- 1 lb Chicken breasts

Produce

- 1 Pinch Chili flakes
- 1/2 tsp Garlic powder
- 1 Green pepper
- 1 inch Onion, slices

Baking & Spices

- 2 tsp Chili powder
- 1 Pepper, yellow
- 1/2 tsp Pepper, ground
- 1 Red pepper
- 1 tsp Salt

Oils & Vinegars

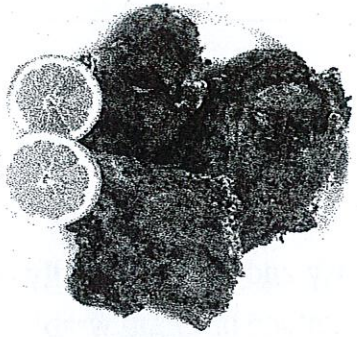
- 1/4 cup Olive oil

Nuts & Seeds

- 1 tsp Cumin

1. Cut chicken and Veggies similar sizes. (for even cooking)
2. Put all ingredients in bowl, toss with oil and spices.
3. Spread evenly on a cookie sheet.
4. Bake @ 350° for 20-23 min.

Lemon Pepper Chicken



Ingredients

- 1 1/2 cloves garlic
- 1/2 lemon
- 1 1/4 tablespoons lemon pepper seasoning
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 2 1/4 tablespoons coconut oil
- 1 1/4 pounds chicken breasts
- 3/4 lemon, for garnish

Serving: 3

Active Time: 30 m

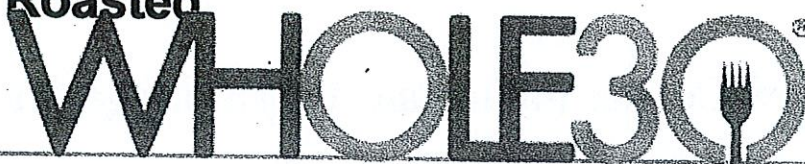
Total Time: 2 h 30 m

How To Prepare

1. Mince garlic. Juice the lemon.
2. In a small bowl combine garlic, lemon juice, spices, and 1/2 of the coconut oil.
3. Using a meat mallet or the bottom of a clean mason jar, pound chicken breasts until they are a uniform thickness.
4. Place chicken in a glass dish and pour the marinade over the top. Turn the chicken to coat, then cover and marinate in the refrigerator for 2 hours.
5. After 2 hours, remove the chicken and discard the marinade.
6. Heat the remaining coconut oil in a skillet over medium-high heat. Add chicken and cook for 3-4 minutes per side, or until cooked through.
7. Cut lemon into wedges and serve alongside the chicken. Enjoy!

Real Plans Subscription Recipe

Big Turkey Meatballs with Roasted Cherry Tomatoes



Serving: 4

Active Time:

15 m

Total Time: 45

m

Ingredients

For the meatballs:

2 cloves garlic
1 teaspoon fennel seeds
1 1/2 pounds ground turkey
1 egg
1/2 cup almond flour
2 teaspoons Italian seasoning
1 teaspoon ground black pepper

1/2 teaspoon sea salt
1 tablespoon extra virgin olive oil

For the tomatoes:

2 cloves garlic
2 tablespoons fresh basil
2 pints cherry tomatoes
1 tablespoon olive oil
1 teaspoon Italian seasoning
1/4 teaspoon sea salt
1/4 teaspoon ground black pepper

How To Prepare

1. For the meatballs: Preheat oven to 400F. Line a large rimmed baking pan with parchment paper. Mince garlic. Crush fennel seeds.
2. In a bowl, combine turkey, egg, almond flour, garlic, Italian seasoning, fennel, pepper, salt, and olive oil.
3. Form into 6 meatballs per each pound of meat. Arrange the meatballs on the pan, spacing them evenly. Roast for 20 minutes.
4. For the tomatoes: Meanwhile, mince garlic. Chop basil.
5. In a bowl, combine tomatoes, olive oil, garlic, Italian seasoning, salt, and pepper.
6. Add the tomatoes to the pan around the meatballs. Turn the meatballs, then roast for 10 more minutes, or until the tomatoes split and the internal temperature of the meatballs reaches 165F.
7. Top the meatballs and tomatoes with basil and serve.

Slow Cooker (or Instant Pot) Sausage, Kale, and Sweet Potato Soup

Prep Time 15 minutes

Cook Time 15 minutes

Total Time 30 minutes

Servings 6 servings

Ingredients

- 2 tbsp olive oil
- 1 lb ground turkey or pork sausage
- 1 medium white onion chopped
- 3 cloves garlic minced
- 2 large sweet potatoes skinned and chopped
- 10 oz sliced mushrooms
- 5 cups chicken broth
- 1 cup dry white wine*
- 2 tbsp apple cider vinegar
- 1 tbsp dried basil
- 1 tsp sea salt plus extra to taste
- 1/2 tsp fresh ground pepper
- 3 cups roughly chopped kale
- 2 tbsp freshly chopped thyme optional

Instructions

1. **For the Instant Pot:**
2. Select the saute function on your instant pot. Let it heat up (about 2 minutes). Add olive oil to coat the pot, and toss in ground sausage. Cook until almost cooked through, about 5 minutes. Add onion and garlic. Cook for another 3-4 minutes.
3. Add sweet potatoes, mushrooms, chicken broth, wine, vinegar, dried basil, salt, and pepper. Secure the lid.
4. Select manual and cook at high pressure for 8 minutes. Select cancel and use a quick release.
5. Open lid and add kale. Let cook with lid open for another 3-4 minutes, or until kale is softened but not wilted. Add additional salt if needed. Garnish with fresh thyme and serve.
6. **For the Slow Cooker:**
7. Heat up a large skillet to medium high heat. Coat your pan with olive oil and add sausage. Cook for 5 minutes, then add in onion and garlic and cook another 3-4 minutes.
8. Place sausage mixture in your slow cooker. Add sweet potatoes, mushrooms, chicken broth, white wine, vinegar, basil, salt, and pepper.
9. Set your slow cooker to low and cook for 4 hours.
10. At the end of 4 hours, add kale and stir. Let cook for another 10-15 minutes, or until kale has softened.
11. Serve hot with fresh thyme.

*For a Whole30 approved soup, use 3/4 cup additional chicken stock with 1/4 cup white wine vinegar in place of the white wine.

Smoky Slow Cooker BBQ Pulled Pork



Ingredients

For the dry rub:

- 1 tablespoon paprika
- 1 1/2 teaspoons onion powder
- 1 teaspoon ground black pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon chipotle powder

1 1/2 teaspoons sea salt

For the pork:

- 2 cloves garlic
- 2 pounds pork shoulder
- 3/4 teaspoon liquid smoke
- 1/2 onion

Serving: 4

Active Time:

25 m

Total Time: 21

h 25 m

How To Prepare

1. For the dry rub: Mix your dry ingredients well in a small bowl. Set aside 1/4 of the rub to use at the end of cooking.
2. For the pork: Peel garlic cloves. Using a thin knife poke 8 holes into your pork, making a small x with each cut. Cut each piece of garlic in half, lengthwise, and shove the garlic into the holes.
3. Coat your pork shoulder with the rest of the dry rub as evenly as possible, then drizzle on the liquid smoke in 1/2 teaspoon increments. Allow your spice coated pork shoulder to sit in the fridge for at least 8 hours, overnight if possible. You can either use a large resealable bag or a marinating dish. It isn't the end of the world if you forget to do this step, but it seals the flavor in even more!
4. Slice onion in half, then into thick rings and line the bottom of your slow cooker with a thick layer. Place your dry rubbed pork shoulder on top of the onions with the fat cap (white part) facing upwards.
5. Set your slow cooker to low for 12 hours. Your meat is done when it easily pulls apart with a single fork.
6. Pour off (or scoop out with a measuring cup) most of the liquid from the pork, and set it aside. Use a pair of forks to shred your tender meat into pulled pork goodness. Sprinkle the remaining dry rub on top of the pork, and stir it in.
7. Optional step: Put the top back on and cook on high for another 30 minutes - 1 hour. This will pull some more of the liquid out and allow the sides to crisp up a little - yum!!

1-48-1-18



Pumpkin Taco Soup

(Slow Cooker – Whole 30)

- 1 pound bonless skinless chicken breast
- 28 oz fire roasted tomatoes
- 14 oz pumpkin puree
- 1 onion – diced
- 2 tsp cumin
- 2 tsp chili powder
- 1 tsp salt – to taste
- 4 cups vegetable or chicken broth
- ¼ cup cilantro – chopped

Place everything in slow cooker and stir to combine.

Cook on High 3-4 hours or low 7-8 hours.

Remove chicken and shred.

Remove ½ soup and puree (for a thicker soup).

Return shredded chicken and pureed soup to cooker.

Stir to combine.

Enjoy!

Super Simple Guacamole



Ingredients

3/4 jalapeño pepper,
optional
3 avocados
1/3 onion
1/3 bunch cilantro
1 1/2 teaspoons coarse sea
salt, plus more to taste
3/4 lime
ground black pepper, to
taste

How To Prepare

1. Deseed jalapeno. Peel, pit, and mash avocados.
2. In a food processor, use the s-blade to chop the onion, cilantro, jalapeno, and salt.
3. Combine mixture with mashed avocados.
4. Juice the lime into the guac, adding more or less to your taste preference. Season with sea salt and pepper to taste and serve.

Serving: 3

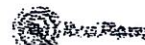
Active Time:

10 m

Total Time: 10

m

Real Plans Subscription Recipe



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ranch dressing

MAKES 1 ½ CUPS

PREP TIME: 15 minutes

1 cup Basic Mayonnaise (page 179)

¼ cup coconut cream (see page 178)

2 tablespoons red wine vinegar

1 tablespoon minced fresh parsley

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon black pepper

¼ teaspoon paprika

This thick and creamy, kid-approved ranch is great for basting chicken, fish, or pork; makes a great dipping sauce for raw vegetables; and is perfect on a fresh green salad.

WHISK together the mayo, coconut cream, and vinegar in a small bowl. Add the parsley, garlic powder, onion powder, pepper, and paprika and stir until thoroughly combined.

THIS dressing will keep in the refrigerator for 2 to 3 days.

coconut cream

This is the easiest thing you will do in this entire book, but it's a game-changer for so many recipes. Adding coconut milk to soups or sauces is a great way to add thickness and texture, but sometimes coconut milk can water down a dish (like our Cauliflower Mash on page 270). Here's where coconut cream comes in.

Take a can of full-fat coconut milk and put it in the refrigerator for an hour or two—although we recommend leaving at least one can in the fridge at all times for emergency coconut cream situations. (That is something that can actually happen on the Whole30.)

When you open the can, the cream will have risen to the top and become solid, while the coconut water remains at the bottom of the can. Just scoop out the thick stuff at the top and use it in recipes that call for coconut cream.

You can also find prepared coconut cream or "culinary coconut milk" at some health food stores, but why would you pay extra when the only thing required to make your own is opening your refrigerator?

basic mayonnaise

MAKES 1 ½ CUPS

PREP TIME: 10 minutes

1 ¼ cups light olive oil

1 large egg

½ teaspoon mustard powder

½ teaspoon salt

Juice of ½ lemon

You can change up our Basic Mayonnaise any number of ways to create a variety of different flavors. For inspiration, see Mayonnaise Variations starting on page 309.

PLACE ¾ cup of the olive oil, the egg, mustard powder, and salt in a blender, food processor, or mixing bowl. Mix thoroughly. While the food processor or blender is running (or while mixing in a bowl with an immersion blender), slowly drizzle in the remaining 1 cup olive oil. After you've added all the oil and the mixture has emulsified, add the lemon juice, blending on low or stirring to incorporate.

 **PRO TIP** The key to this emulsion is making sure all ingredients are at room temperature. Leave your egg out on the counter for an hour, or let it sit in a bowl of hot water for 5 minutes before mixing. Keep one lemon on the counter at all times for the express purpose of making mayo—trust us, you'll be making a lot of this. The slower you add your oil, the thicker and creamier your emulsion will be. You can slowly pour oil by hand out of a spouted measuring cup, or use a plastic squeeze

Romans 7: 15-25 ¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸ For I know that good itself does not dwell in me, that is, in my sinful nature. ^[a] For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. ²¹ So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!

Romans 8:1-2 Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you ^[a] free from the law of sin and death.

Romans 8:6 ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Romans 8:9 You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ.

Romans 8:12 Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it.

Romans 8:24-26 ²⁴ For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? ²⁵ But if we hope for what we do not yet have, we wait for it patiently. ²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.

Romans 8:28 And we know that in all things God works for the good of those who love him, who ^[a] have been called according to his purpose

Romans 8:31-32 What, then, shall we say in response to these things? If God is for us, who can be against us? ³² He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

Romans 8:38-39 For I am convinced that neither death nor life, neither angels nor demons, ^[b] neither the present nor the future, nor any powers, ³⁹ neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Philippians 4:13 I can do all this through him who gives me strength.

1 Corinthians 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.

1 Corinthians 6:19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.

Psalm 28:7 The LORD is my strength and my shield;
my heart trusts in him, and he helps me.
My heart leaps for joy,
and with my song I praise him.

Psalm 10:17 You, LORD, hear the desire of the afflicted; you encourage them, and you listen to their cry,

Matthew 4:4 Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'^[a]"

Leviticus 26:13 ¹³ I am the LORD your God, who brought you out of Egypt so that you would no longer be slaves to the Egyptians; I broke the bars of your yoke and enabled you to walk with heads held high.

1 Samuel 25:6 Say to him: Long life to you! Good health to you and your household! And good health to all this is yours.

1 Thessalonians 4:4 that each of you should learn to control your own body in a way that is holy and honorable

Proverbs 3:8 This will bring health to your body and nourishment to your bones

Mark 2:17 On hearing this, Jesus said to them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners."

1 Corinthians 6: 19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Psalm 136:25 He gives food to every creature. His love endures forever.

Christian Weight Loss Affirmations:

Victory in Christ is mine Romans 8:37

I make good choices 1 Corinthians 10:31

Each day is a new start Lamentations 3:22-23

God gives me strength to overcome temptation Ephesians 6:11

I remove temptation or I remove myself from the situation 1 Corinthians 10:13

Boundaries give me freedom 2 Corinthians 3:17

I am a beautiful daughter of the King Psalm 45:13