

Myers Memorial UMC Health Cabinet Presents



# Kickoff

Saturday, January 11, 2020

11:00 am - 1:00 pm

Follow up Support Groups:

Wednesdays 5:30 pm Myers Memorial UMC

Mondays 5:30 pm 2290 Remount Road, Gastonia, NC

Myers Memorial United Methodist Church

301 S. New Hope Road, Gastonia, NC

(704) 864-3222

[www.MyersMemorialUMC.org](http://www.MyersMemorialUMC.org)

# WHOLE30

## 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](http://whole30.com/program-rules)

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*Since April 2009, millions of people have successfully completed our Whole30 program with stunning, life-changing results. This is a summary of the official rules of the Whole30. For more detailed information, refer to our New York Times bestselling book, The Whole30: The 30-Day Guide to Total Health and Food Freedom.*

## WHAT IS THE WHOLE30, FROM MELISSA HARTWIG

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 chronic pain, that medication hasn't helped? These symptoms are often 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. Eliminate the most common craving-inducing, blood sugar disrupting, gut-damaging, 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 health, habits, and relationship with food, and the downstream physical and psychological effects of the food choices you've been making. Learn how the foods you've been eating are actually affecting your day-to-day life, long term health, body composition, and feelings around food. The most important reason to keep reading?

This will change your life.

I 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 will restore a healthy emotional relationship with food, and with your body. It has the potential to change the way you eat for the rest of your life. I know this because I did it, and millions of people have done it since, and it changed my life (and their lives) in a dramatic and permanent fashion.

## THE WHOLE30 PROGRAM RULES

### YES: EAT REAL FOOD

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- **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).
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## THE FINE PRINT

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

- **Ghee or clarified butter.** These are 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.
- **Fruit juice.** Some products or recipes will include fruit juice as a stand-alone ingredient or natural sweetener, which is fine for the purposes of the Whole30. (We have to draw the line somewhere.)
- **Certain legumes.** Green beans, sugar snap peas, and snow peas are allowed. While they're technically a legume, these are far more "pod" than "bean," and green plant matter is generally good for you.
- **Vinegar.** Nearly all forms of vinegar, including white, red wine, balsamic, apple cider, and rice, are allowed during your Whole30 program. (The only exception is malt vinegar, which generally contains gluten.)
- **Coconut aminos.** All brands of coconut aminos (a brewed and naturally fermented soy sauce substitute) are acceptable, even if you see the word "coconut nectar" in the ingredient list.
- **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 restaurants 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 purchase everything organic, grass-fed, pastured, or local. Just figure out how to stick to the Whole30 rules 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 works is if you give it the full thirty days: no cheats, slips, or "special occasions." This isn't a hazing, a boot camp, or us playing the tough guy. This is a fact, born of science and experience. The Whole30 is, at its heart, an elimination diet. Just a small amount of any of these inflammatory foods could break the healing cycle; promoting cravings, messing with blood sugar, disrupting the integrity of your digestive tract, and (most important) firing up the immune system. One bite of pizza, one spoonful of ice cream, 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, 100% for the full 30 days. Anything less and you won't experience the full benefits the program has to offer. Anything less and you are selling yourself—and your life-changing results—short.

It's only 30 days.

## IT'S FOR YOUR OWN GOOD

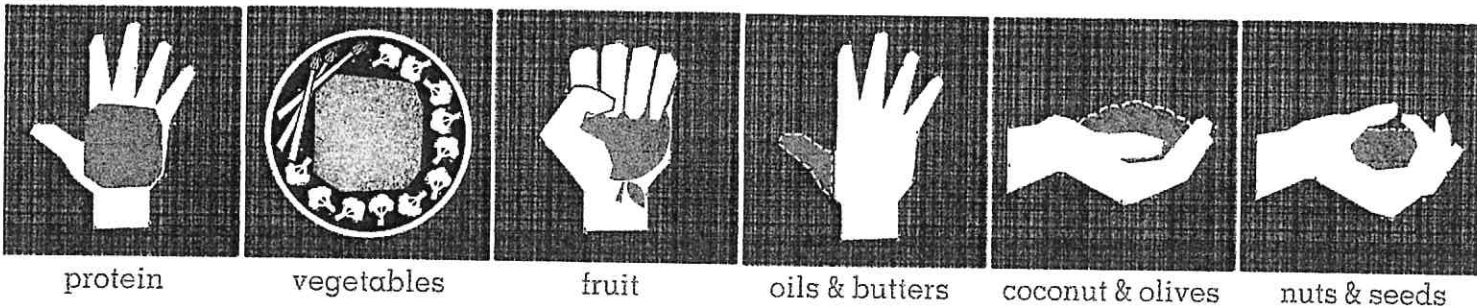
Here comes the tough love. This is for those of you who are considering taking on this life-changing month, but aren't sure you can actually pull it off, cheat free, for a full 30 days. This is for the people who have tried this before, but who "slipped" or "fell off the wagon" or "just HAD to eat (fill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

- **This is not hard.** Don't you dare tell us this is hard. Fighting 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 pizza, 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 begun.
- **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 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 a huge number of tools, advice, and resources, 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 know 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.

## IN CONCLUSION...

We want you to be a part of our community. We want you to take this seriously, and see amazing results in unexpected areas. We want you to look, feel, and live better than you have in years—or maybe ever. We want you to find lasting food freedom. Even if you don't believe this will actually change your life, if you're willing to give it 30 short days, DO IT. It is that important. We believe in it that much. It changed our lives, and we want it to change yours too.

Welcome to the Whole30.



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-workout

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-workout

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.

## Fats

### COOKING FATS

- ☐ Clarified Butter
- ☐ Ghee
- ☐ Coconut Oil
- ☐ Extra-Virgin Olive Oil
- ☐ Palm Oil

### 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
- ☐ Canned Butternut Squash
- ☐ Canned Pumpkin
- ☐ Canned Sweet Potato
- ☐ Canned Salmon

- ☐ Canned Tuna
- ☐ Capers
- ☐ 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

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

*Note: this list is designed to provide options for pescetarians, vegetarians, and vegans, so you will see some animal products*

## Protein

*Best choice: look for words like pastured, wild-caught, and organic on the label*

- |  |                                |                                |
|--|--------------------------------|--------------------------------|
| <input type="checkbox"/> Eggs _____      | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Salmon _____    | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whitefish _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shrimp _____    | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Scallops _____  | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____           | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____           | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____           | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## Vegetables

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

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

## Fruit

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

- |                                       |                                       |  |                                       |
|---------------------------------------|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Apples (all) | <input type="checkbox"/> Grapefruit   | <input type="checkbox"/> Nectarines    | <input type="checkbox"/> Pomegranate  |
| <input type="checkbox"/> Apricots     | <input type="checkbox"/> Grapes (all) | <input type="checkbox"/> Oranges (all) | <input type="checkbox"/> Raspberries  |
| <input type="checkbox"/> Bananas      | <input type="checkbox"/> Jicama       | <input type="checkbox"/> Papaya        | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi         | <input type="checkbox"/> Peaches       | <input type="checkbox"/> Tangerines   |
| <input type="checkbox"/> Blueberries  | <input type="checkbox"/> Lemon        | <input type="checkbox"/> Pears (all)   | <input type="checkbox"/> Watermelon   |
| <input type="checkbox"/> Cherries     | <input type="checkbox"/> Lime         | <input type="checkbox"/> Pineapple     | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Dates        | <input type="checkbox"/> Mango        | <input type="checkbox"/> Plantains     | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Figs         | <input type="checkbox"/> Melon        | <input type="checkbox"/> Plum          | <input type="checkbox"/> _____        |



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 <a href="#">Santa Cruz Organics</a> .
Beef or chicken broth	Some <a href="#">Imagine</a> broths are Whole30-friendly, but it's best to <a href="#">make your own</a> .
Butter (clarified) or ghee	Pastured and organic - like Whole30 Approved <a href="#">Pure Indian Foods</a> or <a href="#">OMIGhee</a> .
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 <a href="#">Coconut Secret</a> : Whole30-friendly, found in the soy sauce aisle.
Coconut butter	Also called "creamed coconut" or "coconut manna." Try <a href="#">Artisana</a> 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 <a href="#">Thai Kitchen</a> or <a href="#">Whole Foods 365</a> .
Coconut oil	Look for the unrefined kind—organic isn't important here.
Curry paste	Red, green, or yellow will spice up any curry. Try <a href="#">Thai Kitchen</a> brand.
Fish sauce	Watch for added sugar here! We like Whole30 Approved <a href="#">Red Boat Fish Sauce</a> .
Hot sauce	Try Whole30 Approved <a href="#">Tessemee's</a> or <a href="#">Horsetooth Hot Sauce</a> .
Jerky	Remember, no added sugar! Try <a href="#">Primal Paws</a> , <a href="#">Chomps</a> , and <a href="#">Gourmet Grassfed</a> .
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 <a href="#">Organic Sunbutter</a> .
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 <a href="#">Pomi</a> 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"> <li>• <b>ACACIA OR AGAVE INULIN</b><br/>Soluble fiber, prebiotic source, common in milks or creamers</li> <li>• <b>ACETIC ACID</b><br/>Preservative or flavor enhancer in vinegar or pickled foods</li> <li>• <b>ALPHA TOCOPHEROL (VITAMIN E)</b><br/>Antioxidant, nutrient</li> <li>• <b>ASCORBIC ACID (VITAMIN C)</b><br/>Antioxidant, nutrient, color stabilizer</li> <li>• <b>BETA-CAROTENE</b><br/>Coloring agent, carotenoid (nutrient)</li> <li>• <b>CALCIUM CARBONATE</b><br/>Used as an inexpensive calcium supplement in almond milk</li> <li>• <b>CALCIUM CHLORIDE</b><br/>Firming agent, salty flavoring in canned tomatoes or pickles</li> <li>• <b>CITRIC ACID, SODIUM CITRATE</b><br/>Preservative or flavoring common in canned tomatoes</li> <li>• <b>FERROUS GLUCONATE</b><br/>A common color-preserving agent found in canned olives,</li> <li>• <b>GUMS (ACACIA, GELLAN, GUAR, LOCUST BEAN, XANTHAN)</b><br/>Thickening and stabilizing agent common in milks or creamers</li> <li>• <b>INULIN (OTHER SOURCES, INCLUDING IMO)</b><br/>Soluble fiber, prebiotic source, and/or fat substitute</li> </ul> | <ul style="list-style-type: none"> <li>• <b>LACTIC ACID</b><br/>Produced by fermentating carbohydrates, often in kombucha</li> <li>• <b>NATURAL FLAVORS*</b><br/>Flavoring agent common in a wide variety of products</li> <li>• <b>NIACIN (VITAMIN B3)</b><br/>Nutrient</li> <li>• <b>PECTIN (SODIUM PECTINATE)</b><br/>Gelling agent common in jams or jellies</li> <li>• <b>POTASSIUM CHLORIDE</b><br/>Salt substitute</li> <li>• <b>POTATO STARCH</b><br/>Thickening agent</li> <li>• <b>RIBOFLAVIN (VITAMIN B2)</b><br/>Nutrient</li> <li>• <b>SALT (SODIUM CHLORIDE)</b><br/>Flavoring, preservative</li> <li>• <b>SODIUM NITRITE, SODIUM NITRATE</b><br/>Preservative, coloring, or flavoring agent</li> <li>• <b>SUNFLOWER LECITHIN</b><br/>An emulsifier found in almond milk, as an alternative to soy</li> <li>• <b>ZINC GLUCONATE</b><br/>Popular form for the delivery of zinc as a dietary supplement</li> </ul> |
|--|--|

*\*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)

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

### Physical (Inside)

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

### Mood, Emotion, and Psychology

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

### Food and Behaviors

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



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, or add your own NSVs. Be generous here—you worked hard, and you deserve to be proud of what you've accomplished!

### 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



Companies sneak sugar into their products under the guise of a label that sounds vaguely plant-like and harmless, or in plain sight under its scientific name, easy to overlook because you just don't know what it is. Don't be fooled. These are all of the sneaky ways sugar may try to hide in the foods you eat. Educate yourself, read your labels, and avoid regular consumption of products with added sugar in any form.

### just plain sugar

- \_\_\_\_\_ Sugar (brown sugar, cane sugar, raw sugar, beet sugar, confectioner's sugar, etc.)
- \_\_\_\_\_ Syrup (high fructose corn syrup, malt syrup, refiner's syrup, rice syrup, date syrup, etc.)

### science-y names for sugar

- Dextrose
- Disaccharide
- Fructose
- Glucose
- Galactose
- Lactose
- Maltose
- Monosaccharide
- Polysaccharide
- Ribose
- Saccharose
- Sucrose

### "natural" sugars

- Agave Nectar
- Coconut Nectar
- Coconut Sugar
- Date Sugar
- (Evaporated) Cane Juice
- Fruit Juice\*
- Honey
- Maple Syrup
- Molasses
- Monk Fruit Extract
- Rice Malt (Extract)
- (Sweet) Sorghum
- Treacle

### artificial sweeteners

- Aspartame
- Acesulfame-K
- Equal
- Nutra-Sweet
- Saccharin
- Splenda
- Stevia
- Sucralose
- Sweetleaf
- Sweet-n-Low
- Truvia

### sugar alcohols

- Arabinol
- Dulcitol
- Erythritol
- Glycol
- Glycerin (Glycerol)
- HSH
- Iditol
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Polyglycitol
- Ribitol
- Sorbitol
- Threitol
- Xylitol

*\*Fruit juice is often used to sweeten dried fruit or salad dressings, which is why we're including it here - but this is the one form of "added sugar" that IS allowed on the Whole30.*

For ethically, sustainably raised and fed meat, seafood, and more, visit US Wellness Meats at <http://bit.ly/grasslandbeef>

Product labeling can be confusing, especially when it comes to animal protein sources. Use these guidelines to help you choose the healthiest meat, seafood, and eggs. (And if you can, ask the farmer directly how his or her animals were raised and fed!)

### cage-free

There is no legal definition for this term. Hens laying eggs labeled as “cage-free” are un-caged and generally have a bit more space than battery-caged hens. But they’re generally still crammed inside barns or warehouses, are unable to exhibit their normal, natural behaviors, and generally are without any access to the outdoors. The term also says nothing of the hens’ diets, or whether they are given antibiotics or other additives. Look for pastured eggs instead.

### free-range or free-roaming

The USDA has defined no “free-range” standards for eggs, and allows producers to freely label any egg as such. Typically, free-range hens are un-caged inside barns or warehouses and have some degree of outdoor access – but that doesn’t mean they ever actually see the light of day. In addition, this label alone means there are no restrictions regarding what the birds can be fed (antibiotics, animal waste products, additives, etc.), nor their environment. Look for pastured eggs instead.

### grass-fed

Meat or dairy from ruminants can be labeled “grass-fed” if the animals were fed grass for a majority of their lives. However, these animals are often finished on diets of grains, corn, soy, and other factory farming byproducts, as just a few weeks on this unnatural diet fattens the animal considerably. Unfortunately, this finishing process negates many of the health-promoting properties of grass-feeding. However, eating grass makes these animals healthier for the majority of their lives, and means their living conditions were also better... which means these animals are healthier for you to eat. Look for grass-fed *and* organic on your labels.

### grass-finished

Grass-finished (or 100% grass-fed) animals have been fed exclusively their mother’s milk and grasses for their entire lives. Because they’re raised solely on their natural diets (in their natural environments), these animals are the happiest and healthiest, and contain all of the health-promoting properties that make their meat a best choice. Look for grass-finished *and* organic on your labels.

### natural

According to the USDA, the “natural” label can be placed on minimally processed products containing no artificial ingredient or added color. This label in no way refers to the way an animal was raised, nor the feed, antibiotics, or additives it was given. Animals in the factory farming system can still carry the label “natural.” In addition, there is no system in place to verify “natural” claims.

### no added hormones

The USDA prohibits the use of added hormones in raising poultry and pork, so don’t let this label on your chicken, pork chops or eggs give you false confidence in the quality of the protein. The use of hormones in beef, however, is up to the animal’s caretaker. So, if you see this noted on your beef, this may indicate a better choice – but a certified organic label is better.

For ethically, sustainably raised and fed meat, seafood, and more, visit US Wellness Meats at <http://bit.ly/grasslandbeef>

## no antibiotics

Antibiotics are given to factory-farmed animals as a matter of course, to prevent and treat various diseases. The effects of these chemicals on the humans who consume the meat and eggs has yet to be determined, so if the idea of medicated meat makes you nervous, know that it bothers us, too. This label is often abused, and not third-party certified. Look for certified organic instead.

## omega-3 enriched

Hens are given feed enriched with flax seed, which adds a bit of omega-3 fatty acids to their eggs. This label says nothing about the manner in which the chickens were raised, or the quality of food they were fed. Pastured and organic are better choices.

## organic

Organic certification for animal protein sources (meat and eggs) is regulated by the USDA. The organic label tells you that the animals lived un-caged in a barn or a warehouse with "access to the outside," that they were given 100% organic feed and were never given hormones or antibiotics. The organic label indicates that some care was taken to ensure the animal was raised in a more healthful environment, but not necessarily raised and fed in a manner optimal for the animal's welfare or health.

## pastured

While there is no legal definition of "pastured," animal products labeled as such (like pork, eggs or butter) generally come from animals who are allowed to roam in open pastures and graze as they please. They don't just have "access to the outdoors" – they actually are outdoors for a good portion of their lives. Advocates of pastured animal products believe that the animals are happier and healthier, and nutritional analysis has shown that pastured meat, eggs and dairy products are also more nutritious. Look for pastured *and* organic on your labels.

## sustainable

Seafood is considered sustainable when the species' population is managed in a way that minimizes damage to its ability to reproduce. It's always a good idea to choose wild-caught, sustainable seafood options..

## vegetarian-fed

These chickens are given feed that doesn't contain any animal waste products – which is a good thing. However, chickens are not vegetarians – they're omnivores! Which means this label tells you directly that the animals were not fed their natural, species-specific diet, nor does it say anything about the manner in which they were raised.

## wild-caught

Fish were caught in their natural habitat. While this speaks to the manner in which the fish lived its life, it doesn't offer any information about the manner in which the fish was caught or the sustainability of the species. Look for wild-caught, sustainable options when selecting seafood.

## Week 1 Sample Menu

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*

\* Recipes included in packet

## Martha's Menu

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

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



Recipe or Notes for **Martha's Menu**

<b>Egg Cup</b> - Recipe in handout	<b>Unwich-</b> Head of lettuce cut into circular slices. Spread with compliant Mayonnaise or Mustard, compliant luncheon meat, sliced tomatoe, pickle	<b>Vegetable Soup</b> - 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.	<b>Bruchetta Chicken</b> 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
<b>Kale, Sweet Potato and Sausage Soup</b> (Recipe for Crock pot is found in handout)	<b>Country Style Steak</b> recipe in handout	<b>One pan bake</b> 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)	<b>Pickle in a blanket</b> 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.

## White Chicken chili

- 1 ½ lb. Boneless, skinless chicken breasts or thighs
- 1 Tbsp. ghee or avocado oil (*for stovetop and Instant Pot versions only*)
- 1 medium onion, diced
- 1 medium bell pepper, any color; diced
- 1 small jalapeno, seeds and membranes removed and finely diced
- 6 cloves garlic, minced
- 2 ½ tsp. ground cumin (add more to taste)
- 1 tsp. dried oregano
- 2 tsp. chili powder (add more to taste)
- 1 tsp. sea salt
- ¼ tsp. black pepper
- 2 cups organic chicken broth (*or homemade bone broth*)
- 1 14-ounce can full-fat coconut milk
- Juice of ½ lime
- ½ cup fresh cilantro, chopped
- Fresh cilantro and lime wedges for garnish, optional

### Instructions

- Add onion, peppers, garlic, and spices (cumin through black pepper) to the bottom of a slow cooker. Arrange chicken on top of vegetables in a single layer.
- Add broth and place lid on slow cooker.
- Set heat to LOW and cook 7-8 hours or until chicken is done and vegetables are tender.
- Remove chicken from slow cooker and shred with two forks. Return chicken to slow cooker.
- Turn heat to HIGH. Add coconut milk, stir and replace lid. Continue heating an additional 10-15 minutes or until soup is heated through.
- Stir in lime juice and cilantro. Taste and adjust seasonings as desired. Serve in bowls garnished with chopped cilantro and lime wedges, if desired.

# 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.

Whole 30/health scripture

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.

Psalms 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

- Romans 7: 15-25 <sup>15</sup> I do not understand what I do. For what I want to do I do not do, but what I hate I do. <sup>16</sup> And if I do what I do not want to do, I agree that the law is good. <sup>17</sup> As it is, it is no longer I myself who do it, but it is sin living in me. <sup>18</sup> For I know that good itself does not dwell in me, that is, in my sinful nature. <sup>[a]</sup> For I have the desire to do what is good, but I cannot carry it out. <sup>19</sup> 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. <sup>20</sup> 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. <sup>21</sup> So I find this law at work: Although I want to do good, evil is right there with me. <sup>22</sup> For in my inner being I delight in God's law; <sup>23</sup> 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. <sup>24</sup> What a wretched man I am! Who will rescue me from this body that is subject to death? <sup>25</sup> 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, <sup>2</sup> because through Christ Jesus the law of the Spirit who gives life has set you <sup>[a]</sup> free from the law of sin and death.
- Romans 8:6 <sup>6</sup> 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 <sup>24</sup> For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? <sup>25</sup> But if we hope for what we do not yet have, we wait for it patiently. <sup>26</sup> 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 <sup>[i]</sup> 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? <sup>32</sup> 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, <sup>[k]</sup> neither the present nor the future, nor any powers, <sup>39</sup> 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; <sup>20</sup> 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.'<sup>[a]</sup>"
- **Leviticus 26:13** <sup>13</sup> 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.

# ranch dressing

MAKES 1 ½ CUPS

PREP TIME: 15 minutes

1 cup Basic Mayonnaise (page 179)

½ 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 ½ 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

# 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

## Whole 30 Taco Seasoning

1/2 cup chili powder  
1/4 cup garlic powder  
1/4 cup cumin  
1 Tablespoon onion powder  
1 Tablespoon paprika  
1 Tablespoon salt

Put ingredients into a jar and shake

# chimichurri

**MAKES 2½ CUPS**

**PREP TIME: 10 minutes**

---

¼ cup red wine vinegar  
¼ cup lime juice  
2 cloves garlic, minced  
½ shallot, minced  
1 ½ cups extra-virgin olive oil  
¼ cup fresh cilantro  
¼ cup fresh parsley leaves  
½ teaspoon salt  
½ teaspoon black pepper

---

Versatile chimichurri is a great topping for steak, lamb chops, chicken, and eggs, and is fantastic drizzled over grilled vegetables. You can also use it to marinate meat (like a flat-iron or skirt steak) before grilling.

COMBINE the vinegar, lime juice, garlic, and shallot in a food processor and mix on low speed. Drizzle in the olive oil while mixing; the dressing will begin to emulsify. Add the cilantro, parsley, salt, and pepper and continue to mix on low until the dressing is uniform in texture and the herb pieces are chopped quite small.

CHIMICHURRI will last 2 to 3 days in the refrigerator. If making ahead, bring it to room temperature before serving. If the dressing has separated, gently whisk to reblend.

STORING CHIMICHURRI *If you make a big batch of chimichurri, you can freeze portions in ice cube trays. That makes it easy to pop out just what you need for your next meal or recipe. Spoon the chimichurri into the trays (don't over-fill), then cover the top tightly with plastic wrap. When the sauce is frozen, remove the plastic wrap, pop out the cubes, and transfer them to a resealable plastic bag. These will keep for up to 6 months in the freezer, and each cube is about 1 ounce.*

*Source: The Whole30 by Melissa & Dallas Hartwig*

---

## Watermelon Salsa

### Ingredients

1 cup diced unpeeled nectarine  
2 jalapeno peppers, seeded and finely minced  
3 Tbsp. fresh lime juice  
2 tsp. grated fresh ginger  
1/3 cup diced red onion (soak in ice water for 10 minutes before mixing)  
2 cups seed and diced watermelon  
½ cup chopped fresh cilantro

Stir together first 5 ingredients in large bowl; let stand for 15 minutes. Add watermelon and cilantro; toss gently. Serve immediately or cover and chill up to 24 hours.

# 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  
**Calories** 278 kcal  
**Author** Amy



## 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.

## Recipe Notes

\*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.



## 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.

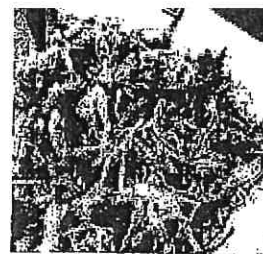
Stir to combine.

Enjoy!

# Asian Chicken Chopped Salad

## (Whole30 Paleo)

Asian Chicken Chopped Salad (Whole30 Paleo) - a deliciously nutritious salad with a sweet and tangy Asian dressing, free of soy or sugar!



4.91 from 30 votes

Prep Time

15 mins

Total Time

15 mins

Course: Salad    Cuisine: Asian    Servings: 8 servings    Calories: 139kcal

### Ingredients

- 4 cups cole slaw mix (cabbage with shredded carrots)
- 1 cup shredded red cabbage
- 1/2 red bell pepper, sliced thin
- 1 cup shredded chicken breast
- 1/4 cup slivered almonds
- 2 green onions, finely sliced
- 1 Tablespoon sesame seeds (optional)

### Asian Dressing

- 1/4 cup coconut aminos
- 2 tablespoons rice vinegar
- 2 tablespoons extra virgin olive oil
- 1/2 tablespoon sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon grated fresh ginger
- 3 large pitted dates see note below

### Instructions

1. For the salad, place all ingredients in a large bowl or serving dish and toss to combine.
2. For the dressing, combine all ingredients in a small blender or food processor (I used my Magic Bullet.) Process until dates are completely ground and dressing is a slightly creamy texture.
3. Best when salad and dressing are combined just before eating.

### Notes

For Keto diets, omit the dates and substitute with your favorite sweetener.

### Nutrition

Calories: 139kcal | Carbohydrates: 12g | Protein: 5g | Fat: 7g | Saturated Fat: 1g | Cholesterol: 13mg | Sodium: 229mg | Potassium: 242mg | Fiber: 2g | Sugar: 8g | Vitamin A: 435IU | Vitamin C: 29.4mg | Calcium: 48mg | Iron: 0.8mg





# Ultimate Chicken Salad

5 from 18 votes

Course: Appetizer, Entree    Cuisine: Dairy Free, Gluten Free, Paleo, Sugar Free, Whole30  
Prep Time: 15 minutes    Servings: 10 servings    Calories: 387kcal    Author: Christina

## Ingredients


- 1 1/2 to 1 3/4 lbs cooked chicken breasts 3 1/2 to 4 cups chopped or shredded chicken, can use chicken thighs or rotisserie chicken
- 1 small or medium apple peeled, cored, and diced, makes 1 cup
- 3 celery ribs chopped
- 1 cup red grapes, halved if grapes are very large you may want to cut into thirds
- 1/2 cup green onion chopped
- 1/2 cup sliced or slivered almonds
- 1 tbsp fresh thyme
- 1 tbsp fresh dill
- 1 1/2 cup mayo
- 1 tsp ground mustard
- 3/4 tsp salt
- 3/4 tsp pepper
- 1 tsp lime juice

## Instructions

1. Shred or chop your chicken and set aside in a large bowl.
2. Add diced apple, celery, grapes, and green onion to the bowl of chicken. Stir until combined.
3. In a separate bowl add mayo, ground mustard, salt, pepper, and lime juice. Stir until combined.
4. Pour mayo mixture into the larger bowl with chicken, etc. Stir together so everything is coated in the seasoned mayo.
5. Add your sliced or slivered almonds, dill, and thyme. Gently stir. (Save these ingredients for the end so they don't get lost in everything else.)
6. Taste. Add up to an additional 1/4 tsp salt and pepper if you like. (Most often I do but it really depends on which mayo I use so give it a final taste before adding more.)
7. You're ready to serve! Enjoy in a sandwich, salad, or over greens for a satisfying and very tasty

# APPLE BROCCOLI CAULIFLOWER SALAD

Add more veggies to your plate with this Apple Broccoli Cauliflower Salad that's tossed in a creamy, lemony garlic dressing. Whole30 | Gluten-free

AUTHOR: STACIE HASSING PREP TIME: 20 MINUTES TOTAL TIME: 20 MINUTES YIELD: 8 SERVINGS 

CATEGORY: WHOLE30 | SALAD



## INGREDIENTS

- + 2-3 small heads of broccoli, chopped (3-4 cups)
- + 1 head cauliflower (3-4 cups)
- + 1 medium apple, diced
- + 2 celery ribs, diced (3/4 cup)
- + 1/2 medium red onion, diced (1 cup)
- + 1/2 cup dried cranberries (*Made In Nature* are Whole30 compliant)
- + 3/4 cup chopped walnuts, toasted (*sub sunflower seeds for nut-free*)
- + 2/3 cup Tessemae's Lemon Garlic Dressing
- + 1/3 cup mayo
- + 1 Tbsp. fresh thyme (optional)
- + Salt & pepper to taste



## INSTRUCTIONS

1. In a large bowl, toss together all of the ingredients except for the dressing, mayo and thyme.
2. In a small bowl, whisk together the lemon dressing, mayo and fresh thyme. Season with salt & pepper to taste.
3. Add the dressing to the large bowl and toss until well combined. Let salad sit in the fridge for 30 minutes to allow veggies to marinate in the dressing.
4. Store leftovers in an airtight container in the fridge for up to 4-5 days.

## NOTES

Prep tip: This salad can be made a day in advance. Add the walnuts just before serving so that they keep their crunch.

## NUTRITION

Serving Size: 1/8 of recipe Calories: 250 Sugar: 7 g Sodium: 200 mg Fat: 20 g Carbohydrates: 13 g Fiber: 4 g  
Protein: 4 g

## Paleo Pumpkin Pancakes

### Ingredients

Vegetarian, Gluten free, Paleo

#### Produce

- 1/2 Banana, ripe
- 2 tbsp Pumpkin puree

#### Refrigerated

- 2 Eggs

#### Baking & Spices

- 2 Dashes Cinnamon
- 1 Dash Nutmeg

## 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
3. Sprinkle with parsley (optional) and enjoy!



# 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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# Whole30 Breakfast Bowls with Spicy Cream Sauce

 [justjessieb.com/2017/06/whole30-breakfast-bowls-with-spicy/](http://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

## Roast Chicken

3 to 4 lb. Chicken  
Olive Oil  
Garlic Powder  
Onion Powder  
Salt & Pepper

Baste chicken with olive oil. Season to taste with salt, pepper, garlic powder, onion powder.

Roast in 350 degree oven uncovered for 1 hour and 15 minutes or until internal temperature reaches 180 degrees in thigh area.

I roast mine on the Big Green Egg for fire roasted flavor. If you don't have a Big Green Egg, get one. You'll love it.

Serve with Peruvian Sauces. Aji Verde is my favorite.

## Aji Verde Sauce

2 fresh jalapenos  
1 Tablespoon Aji Amarillo paste  
1 cup fresh cilantro leaves and stems  
2 Tablespoons nutritional yeast  
1 Tablespoon olive oil  
1 med. Clove garlic minced  
1 teaspoon white vinegar  
½ teaspoon fresh lime juice  
½ cup Whole30 compliant mayonnaise (see recipe)

Combine jalapenos, Aji Amarillo paste, cilantro, nutritional yeast, garlic, olive oil, vinegar, and lime juice in food processor. Process until smooth paste forms.

Add mayonnaise and blend until homogeneous. Season to taste with salt and pepper. Unused sauce can be refrigerated for up to a week.

## Aji Red Sauce

½ large red Bell Pepper seeded and chopped  
1 large shallot diced  
3 Tablespoons Aji Panca Paste  
½ cup Whole30 compliant mayonnaise (see recipe)  
¼ cup Whole30 Compliant ketchup  
2 Tablespoons Nutritional Yeast  
2 Tablespoons Olive Oil  
1 teaspoon white vinegar

½ tsp fresh lime juice  
½ teaspoon ground red pepper (optional)

Sautee red bell pepper and shallots in the olive oil until shallots turn translucent. Remove from heat and allow to cool. Add cooled peppers & shallots, Aji Panca, nutritional yeast, vinegar, lime juice, & red pepper to food processor and process until smooth. Add mayonnaise and ketchup and process until homogeneous. Season to taste with salt and pepper. Unused sauce can be refrigerated for up to a week.

This sauce is especially good with grilled shrimp.

### Aji Yellow Sauce

1 large shallot diced  
1 Tablespoon Olive oil  
2 Tablespoons of Aji Amarillo Paste  
2 Tablespoons Nutritional Yeast  
1 teaspoon fresh lime juice  
1 ½ teaspoon dry mustard  
1 cup Whole30 compliant mayonnaise

Sautee shallot in the olive oil until translucent. Remove from heat and allow to cool. Add cooled shallots, Aji Amarillo paste, nutritional yeast, lime juice, and dry mustard to food processor. Process until smooth. Add mayo and process until homogeneous. Season to taste with salt and pepper. Unused sauce can be refrigerated for up to a week.

### Whole30 Mayonnaise

1 ¼ cup Light Olive Oil (Do Not use robust olive oil)  
1 large egg (Room Temperature)  
½ teaspoon mustard powder  
½ teaspoon salt  
Juice of ½ lemon (Room Temperature)

Place ¼ cup olive oil, mustard powder, and salt in food processor. Process thoroughly. With the food processor running slowly drizzle in the remaining 1 cup of olive oil until the mixture has emulsified. Add the lemon juice and process for a few more seconds until it is incorporated into the mayo.

Tips: Use the lightest olive oil you can find. Mayo made with robust olive oil will be dark in color and taste like olive oil. Leave egg on counter for an hour or in a small bowl of hot water for at least 5 minutes before using. The lemon juice should also be room temp. Cold ingredients do not incorporate as well. This recipe can be made in a blender, but for best results use a food processor. This recipe can be found on page 179 of The Whole30 Cookbook – The 30 Day Guide to Total Health and Food Freedom.



# Roast Chicken (DF)



## Ingredients

3 pounds whole chicken  
1 large onion  
1 head garlic  
1/4 cup coconut oil, or fat of choice  
1/2 lemon  
coarse sea salt, to taste  
ground black pepper, to taste

## How To Prepare

1. Preheat the oven to 375F.
2. Remove chicken from package, remove giblet bag from chicken's cavity, rinse well, and pat dry. Save giblets in the fridge for making stock.
3. Peel and slice onion. Slice garlic in half to expose the center of the garlic cloves. Soften the coconut oil. Cut lemon into wedges.
4. Place onions in a baking dish and sit chicken atop with legs under the chicken.
5. Shove lemon and garlic into the chicken cavity.
6. Rub 1/4 cup of softened fat over chicken skin.
7. Sprinkle generously with sea salt and pepper.
8. Bake for 30 minutes, then using tongs and/or potholders, gently flip the chicken so that the legs are up.
9. Salt and pepper the flip side of the chicken and bake for a total time of 20 minutes per pound. The chicken is done when a meat thermometer inserted into the leg or inner thigh (avoiding the bone) reads 165F and the skin is nicely browned and crisp.
10. Gently remove the chicken to a serving platter.

**Serving:** 4

**Active Time:**

20 m

**Total Time:** 3 h

0 m

# One Pan Bake

2 crowns broccoli cut into small florets

1 small head cauliflower cut into small florets

1 sweet potato peeled and diced into **small** pieces

1 bag fresh Brussels sprouts cut into quarters or circles

1-2 packages Aidells Chicken and Apple Sausage

¼-½ cup olive oil

- Preheat oven to 350
- Divide everything evenly into two zip lock baggies
- Add ¼ cup olive oil to each bag (less is fine) and shake until all pieces are coated with oil
- Pour each bag onto separate cookie sheets (can use parchment paper if you like but not necessary)
- Cook uncovered for 30-35 minutes
- Test sweet potato (cook a little longer if still not done...thus the importance of cutting small pieces)
- Serve hot

## Sheet Pan Fajitas

A easy and family friendly one pan dinner! Top a salad, fill a ~~bread~~ 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.

# Loaded Chicken & Potato Casserole | PALEO, Whole30

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 [justjessieb.com/2017/11/loaded-chicken-potato-casserole-paleo/](http://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!



# BBQ Pulled Chicken - Slow Cooker or Instant Pot (Paleo + Whole30)

★★★★★

This Paleo + Whole30 BBQ pulled chicken is a versatile meal prep recipe, and we give you Slow Cooker + Instant Pot instructions! It's a family favorite and an easy, healthy recipe with no added sugar!

<b>Course</b>	Main Course
<b>Cuisine</b>	American
<b>Prep Time</b>	10 minutes
<b>Cook Time</b>	50 minutes
<b>Total Time</b>	1 hour
<b>Servings</b>	8
<b>Author</b>	Justin + Erica Winn   Real Simple Good

## Ingredients

- 4 lbs chicken thighs
- 1 onion, diced

### For the BBQ sauce:

- 1 cup coconut aminos
- 1/2 cup tomato paste
- 1/4 cup balsamic vinegar
- 2 tbsp mustard
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp chili powder
- 1 tbsp smoked paprika

## Instructions

1. Chop onion as noted.
2. To make the BBQ sauce, place all of the sauce ingredients in a mixing bowl and whisk well to incorporate. Place 1/2 of the sauce in a container and refrigerate, you'll use it after the chicken is cooked.
3. Pour the other half of the sauce into the instant pot. Add the chicken thighs in on top of the sauce and the onions on top of the thighs.
4. Press the "manual" button (or "pressure cook" button) and set the time to cook for 25 minutes at high pressure. Once the time is up, let the pressure naturally release for 15 minutes and then release any remaining pressure. Remove the lid and shred the chicken in the Instant Pot with two forks, mixing it with the juices.
5. Serve topped with additional BBQ sauce as desired.

### For the slow cooker:

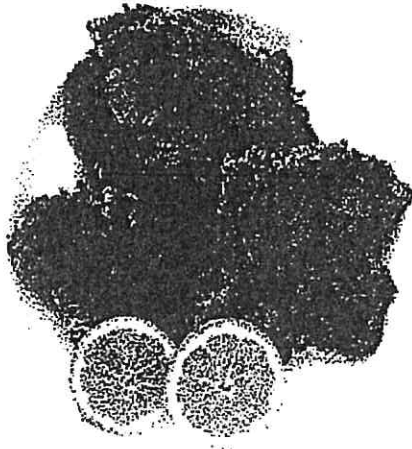
1. Follow steps 1 & 2 above.
2. Place the chicken and onions in the slow cooker. Pour 1/2 of the sauce over the chicken.
3. Cook on high for 4 hours or on low for 8 hours.
4. Shred the chicken in the slow cooker with two forks, mixing it with the juices.
5. Serve topped with additional BBQ sauce as desired.

Like this recipe? Check out our meal plans! <https://realsimplegood.com/real-meal-plans>



# Lemon Pepper Chicken

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## 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!
-

## Whole30 Taco Frittata with Sweet Potato Crust

★★★★★ 5 from 3 reviews

Author: Ellie Prep Time: 10 mins Cook Time: 50 mins Total Time: 1 hour

Yield: 6 servings  Category: Main, Breakfast Method: Oven Cuisine: Mexican

### Description

*Craving an easy breakfast that is delicious AND makes you feel good?! This Whole30 Taco Frittata is perfect for a weekend brunch or meal prep!*

SCALE

### Ingredients

- 1 Tablespoon ghee, melted and cooled
- 1 large sweet potato, shredded
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ghee
- 1 green bell pepper, diced
- 1/2 white onion, diced
- 1/2 pound ground turkey
- 1 1/2 Tablespoons taco seasoning (make sure there is no sugar!)
- 3 eggs

### Instructions

Preheat oven to 400 degrees F.  
Combine ghee, sweet potato, salt and pepper in a bowl. Mix together until the sweet potato is sweet coated. Pour into a baking dish (deep dish pie plate, 9x9 inch pan) and press into the bottom.  
Bake for 10 minutes.  
While the crust is cooking, add 1 teaspoon ghee to large skillet and add pepper and onions. Saute until the onions are translucent. Remove from pan and set aside.  
Bring the pan back up to medium heat and add ground turkey. Cook until no longer pink and add the taco seasoning.  
After 10 minutes, remove sweet potato crust and reduce heat on the oven to 375 degrees F. Add the peppers, onions, and ground turkey to the baking dish.  
In a bowl, whisk the eggs and pour over the mixture in the baking dish.  
Bake for 35-40 minutes or until the center is cooked through and no longer jiggles.

Keywords: whole30, taco frittata, egg, Mexican, whole 30, egg bake



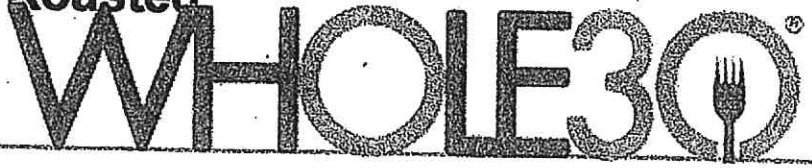
**Did you make this recipe?**

Tag [@imhungrybynature](#) on Instagram and hashtag it [#imhungrybynature](#)

**Find it online:** <https://hungrybynature.com/whole30-taco-frittata/>

Exclusive Member of Mediavine Food

# 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.

# Whole30 Slow Cooker Pork Carnitas



5 from 3 reviews

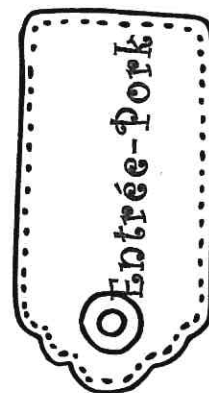
- **Author:** Physical Kitchness
- **Yield:** 6-8 servings



## Ingredients

SCALE

- 4 pounds boneless pork shoulder
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon olive oil
- juice of 2 limes
- 1 small onion, finely sliced
- 1 large jalapeño, seed removed and finely diced

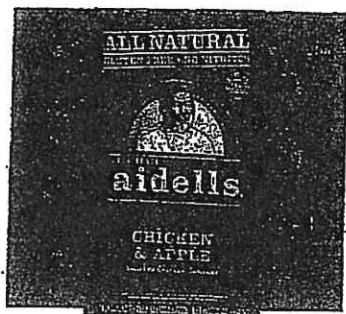


## Instructions

1. Rinse and pat dry the pork shoulder
2. Combine the chili powder, ground cumin, salt, and pepper then sprinkle all over the pork. Gently pat the dry rub on to the meat so it sticks. Place the pork shoulder into the slow cooker
3. Drizzle the olive oil on top and add the onion and jalapeno
4. Squeeze the juice from two limes over the top and cook on low for 4-6 hours. The thicker the roast, the more time it will take to cook
5. After the meat is fully cooked, shred it with two forks, removing any large chunks of fat that remain. Mix the the pulled pork with all the juices in the slow cooker. If desired, spread the pork on a baking sheet and broil for five minutes for crispy shreds of pork
6. Serve with cilantro and diced avocados

**Find it online:** <https://physickitchness.com/whole30-slow-cooker-pork-carnitas/>

Exclusive Member of Mediavine Food



# Sausage Cabbage Potato

## One Pan Meal

Martha Dickson

### Ingredients

- Aidells Chicken and Apple Sausage (sliced lengthwise)
- Small Red potatoes (brushed with olive oil and halved or quartered depending on size and seasoned with salt and pepper)
- Head of Cabbage (sliced into wheels, brushed with olive oil with salt and pepper in closed aluminum foil pouch)
- Olive Oil
- Salt and Pepper

**Preheat oven 350 degrees**

1. Line baking sheet with parchment paper
2. Arrange sliced sausage and cut and seasoned potatoes on baking sheet
3. Place aluminum foil pouch of cabbage wheels on baking sheet
4. Bake for 30-35 minutes



# 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

## 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!!

Serving: 4

Active Time:

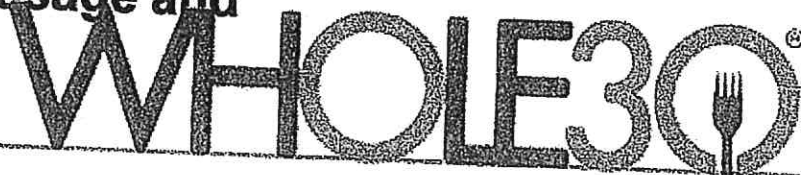
25 m

Total Time: 21

h 25 m

1-48-1-18

# 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**

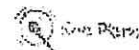
**Active Time:**

**10 m**

**Total Time: 55**

**m**

Whole30 Subscription Recipe



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## Marinated Flank/Skirt Steak

### Ingredients

1/3 cup coconut aminos  
¼ cup olive oil  
2 Tbsp. grated fresh ginger  
3 garlic cloves, minced  
1 tsp. dried crushed red pepper  
course grind salt & pepper to taste  
1 (2-lb.) flank or skirt steak

Combine first 5 ingredients in bowl. Place steak & marinade in 2 gallon zip-lock bag and squeeze to combine thoroughly. Seal bag and place in refrigerator 4 to 12 hours. Remove steak from marinade, discarding marinade.

Pre-heat grill to 400 – 450 degrees. Grill flank steak 7 minutes each with grill lid closed for medium rare, 9 minutes each side for well done. Adjust time downward for thinner skirt steak 3-4 minutes each side for medium rare, 6-7 minutes each side for well done, depending on thickness. Remove from grill and let rest for 10 minutes. Cut diagonally across grain into thin slices. Season to taste with freshly ground salt and black pepper.

Serve with either:

Butter lettuce wraps with chimichurri  
or  
Topped with watermelon salsa

Entrée-Beef

## BALSAMIC BEEF ROAST AND VEGGIES

REP 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

**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  $\frac{1}{2}$  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)
- $\frac{1}{2}$  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

# Whole 30 Meatloaf

This paleo keto low carb meatloaf recipe is super easy to make. You need only 8 ingredients and 10 minutes prep time!

 <b>Prep Time</b>	10 minutes
 <b>Cook Time</b>	1 hour
 <b>Total Time</b>	1 hour 10 minutes

 <b>Servings:</b>	12 3/4" thick slices
 <b>Author</b>	Maya Krampf from WholesomeYum.com

- 2 lb Ground beef
- 1/2 cup Golden flaxseed meal (or almond flour)
- 1/2 large Onion (diced)
- 8 cloves Garlic (minced)
- 3 oz Tomato paste
- 2 tbsp Worcestershire sauce (or coconut aminos)
- 2 large Egg
- 1 tbsp Italian seasoning (or any seasonings you like)
- 2 tsp Sea salt
- 1/2 tsp Black pepper
- 1/3 cup Sugar-free ketchup (optional)\*\*

1. Preheat the oven to 350 degrees F (177 degrees C). Grease a 9x5 in (23x13 cm) loaf pan and set aside.
2. In a large bowl, combine all ingredients except ketchup. Mix together until well incorporated, but don't overmix.
3. Transfer the mixture into the loaf pan. Bake for 30 minutes.
4. Spread the ketchup on top of the meatloaf (if using). Return to the oven and bake for 25-45 more minutes, until cooked through and internal temperature reaches 160 degrees F (71 degrees C). (Time will vary depending on thickness of the loaf.)
5. Rest for 10 minutes before slicing. Cut carefully using a serrated bread knife (not a chef's knife).

- You can increase golden flax seed meal to 2/3 cup for a more sturdy, but less tender, paleo meatloaf.
- Nutrition info does not include ketchup, which will vary by brand and is optional. I used homemade sugar-free ketchup.

**Serving size:** 1 3/4"-thick slice

Calories: 215 | Fat: 14g | Total Carbs: 5g | Net Carbs: 3g | Fiber: 2g | Sugar: 2g | Protein: 17g

Nutritional information is provided as a courtesy and we strive to keep it as accurate as possible. Carb count excludes sugar alcohols. Net carb count excludes both fiber and sugar alcohols, because these do not affect blood sugar in most people. We try to be accurate

# Shepherd's Pie

Serves 2 (with leftovers) Prep time: 20 min Cook time 50 min

Total time: 1hour

- 2 medium sweet potatoes, peeled and large-diced
- 4 c cold water
- 4 T clarified butter or ghee
- ½ cup coconut milk
- 1 onion, finely chopped
- 2 stalks celery, finely chopped
- 1 carrot, peeled and finely chopped
- 1 lb ground meat (beef, lamb, bison)
- 2 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 sprig fresh thyme leaves (or ¼ teaspoon dried thyme)
- 2 teaspoons fresh oregano leaves (or ½ teaspoon dried)

Preheat oven to 375 degrees. In a large pot, place the sweet potatoes in the cold water and bring to a boil. Boil until the potatoes are fork-tender, about 10 minutes. Drain the water from the pot, add 2 T of the butter and the coconut milk (away from the heat). Mash the potatoes, transfer to a bowl and set aside. Return the same pot to the stove on medium heat, and melt the remaining 2 T of butter. Add the onions, celery, and carrots and cook, stirring for 5 minutes. Add the ground meat and garlic. Cook, stirring often, until the meat is browned, 7-10 minutes. Season with the salt, pepper, thyme and oregano. Remove from the heat and let the meat and veggies cool in the pot for 5 minutes.

Spoon the meat and vegetable mixture evenly over the bottom of a casserole dish or 9x12 inch glass baking dish. Carefully spread the mashed sweet potatoes over the top of the meat and vegetable mixture. Roast in the oven for 30 minutes, letting the top brown slightly. Cut into slices and serve.



# 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

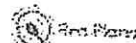
**Total Time:** 25

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.

Whole30 Subscription Recipe



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# APPLE BROCCOLI CAULIFLOWER SALAD

Add more veggies to your plate with this Apple Broccoli Cauliflower Salad that's tossed in a creamy, lemony garlic dressing. Whole30 | Gluten-free

AUTHOR: STACIE HASSING PREP TIME: 20 MINUTES TOTAL TIME: 20 MINUTES YIELD: 8 SERVINGS 1X

CATEGORY: WHOLE30 | SALAD

## INGREDIENTS

- + 2-3 small heads of broccoli, chopped (3-4 cups)
- + 1 head cauliflower (3-4 cups)
- + 1 medium apple, diced
- + 2 celery ribs, diced (3/4 cup)
- + 1/2 medium red onion, diced (1 cup)
- + 1/2 cup dried cranberries (*Made In Nature* are Whole30 compliant)
- + 3/4 cup chopped walnuts, toasted (*sub sunflower seeds for nut-free*)
- + 2/3 cup Tessemae's Lemon Garlic Dressing
- + 1/3 cup mayo
- + 1 Tbsp. fresh thyme (optional)
- + Salt & pepper to taste



## INSTRUCTIONS

1. In a large bowl, toss together all of the ingredients except for the dressing, mayo and thyme.
2. In a small bowl, whisk together the lemon dressing, mayo and fresh thyme. Season with salt & pepper to taste.
3. Add the dressing to the large bowl and toss until well combined. Let salad sit in the fridge for 30 minutes to allow veggies to marinate in the dressing.
4. Store leftovers in an airtight container in the fridge for up to 4-5 days.

## NOTES

Prep tip: This salad can be made a day in advance. Add the walnuts just before serving so that they keep their crunch.

## NUTRITION

Serving Size: 1/8 of recipe Calories: 250 Sugar: 7 g Sodium: 200 mg Fat: 20 g Carbohydrates: 13 g Fiber: 4 g  
Protein: 4 g