

Whole30

Eat

- Vegetables and lots of them
- Fruit
- Meats (stick with grass fed and antibiotic free)
- Eggs (free range)
- Seafood
- Ghee, the only dairy allowed.
- Oils (Coconut, olive, avocado,)
- Nuts & Seeds

Avoid

- Sugar of all forms
- Added sweeteners including stevia, aspartame, saccharin, or sugar alcohols.
- Grains. This includes ALL grains. No rice, oats, wheat, quinoa, barley, rye, and corn.
- Dairy of all forms (except ghee)
- Peanuts, technically they're a legume.
- MSG and carrageenan.
- Treats created from approved ingredients.
- Oils such as corn, soy, and peanut.