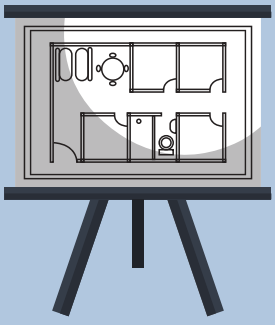


WHOLE30

7 Tips For First Timers



MAKE A PLAN.

Planning is the key to success on Whole30. Take time to plan your meals for the week in advance. This will make it easier to remain compliant and help form your grocery list.



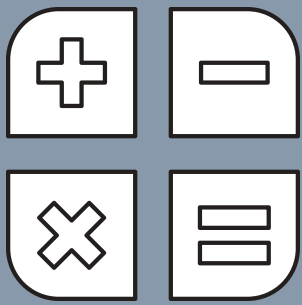
MAKE A GROCERY LIST.

Don't go to the grocery store and try to "wing it." Now that you've planned your meals, use your menu to make your grocery list. You can also do any research on ingredients ahead of time.



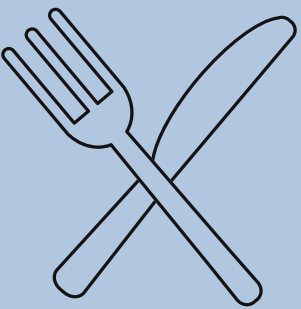
PACK YOUR PATIENCE.

Your first trip to the grocery store may take a little longer than usual as you read labels and locate ingredients. Take a deep breath and give yourself permission to wander the aisles.



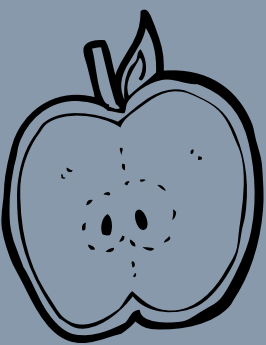
STICK TO THE BASICS.

There are a lot of Whole30 recipes out there, but don't be afraid to keep it simple. Proteins, vegetables, fruits, and nuts can be combined in so many delicious ways for a compliant meal.



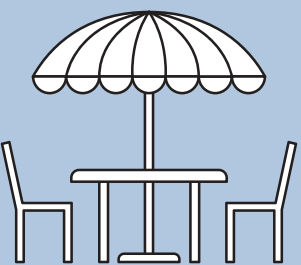
MEAL PREP.

Spend a couple of hours prepping meals for the week ahead. The time spent in the kitchen will be worth it later in the week when you're running behind and need a compliant breakfast.



SNACK WISELY.

Whole30 recommends little to no snacking, but sometimes - you need a snack. Compliant RX Bars and Larabars, fruit and nut butter, and nuts make great snacks on the go.



GOOGLE RESTAURANTS.

If you need - or want! - to eat out during Whole30, google the restaurant's menu ahead of time and select your meal. Eating out is totally possible on Whole30 if you plan ahead!