



The Whole30 can help you restore a connection with your body's natural "hungry" and "full" signals, and (re)learn to trust those signals. By the second week of your Whole30, you should be able to tune into your body for cues, and use your energy, focus, hunger, and mood to help you build a plate that suits your needs, activity levels, and schedule. Until then, here is a general meal template for the Original Whole30. Use this as a starting place if you're not sure how much to eat. Treat this template as a *minimum*, such that you're not regularly eating less than the quantities recommended here. Feel free to add more protein, fat, and/or carbs to your plate if needed, in support of your energy, athletics, or muscle mass.

## meals

Eat 3-4 meals a day, depending on your schedule, appetite, and activity levels. Base each meal around 1-2 palm-sized servings of protein. Fill the rest of your plate with vegetables. Add a serving of fruit if you choose. Add fat in the recommended minimum 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 ¼ and ½ of one full-fat 14 oz. can

## snacks

Your schedule, hunger levels, or activity levels may require a snack or "mini-meal" between meals. For each snack, include at least two of the three basic macronutrients (protein, fat, carbs) for satiety. Make your snack as big as you need to tide you over, but not so big that you're too full to eat your next scheduled meal. Examples of balanced snacks include:

- Meat sticks (protein) + baby carrots (carbs) + guacamole (fat)
- Hard-boiled eggs (protein) + apple (carbs) + almond butter (fat)
- Smoothie with collagen powder (protein) + kale, cauliflower, and berries (carbs) + full-fat coconut milk (fat)

## athletics

If your activity levels necessitate a pre-workout and/or post-workout meal, follow the dietitian-developed guidelines on our website, and work with your athletic trainer or sports nutritionist to ensure you are fueling your activities appropriately. (See [whole30.com/whole30-pre-workout-post-workout/](https://whole30.com/whole30-pre-workout-post-workout/))