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. Add a serving of fruit as you choose. 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 ¼ and ½ of one (14 oz.) can

Make each meal large enough to satisfy you until the next meal. It may take a few weeks before you’re able to accurately judge the right meal sizes for your needs and activity levels. If you need a snack in between meals as your hunger levels and body awareness are adjusting, make sure that snack includes at least two of the three macronutrients (protein, carbs, and fat). Examples include a meat stick + almonds, carrot sticks + guacamole, or hard-boiled eggs + an apple.

**Pre-workout**

Eat 2-3 hours pre-workout, to help you experience consistent energy for the entirety of your workout. Focus on lean protein and high-fiber carbohydrates: chicken or turkey breast, lean beef, fish and seafood, sweet and white potatoes, squashes, berries, melons, bananas, or beets. Include a palm-sized portion of protein, and 1-2 handfuls of carbohydrate. If you train early in the morning, see whole30.com/whole30-pre-workout-post-workout/ for specific guidelines.

**Post-workout**

Eat within 60 minutes of your workout to jump-start the muscle building and repair processes and replenish your fuel tank. Focus on lean protein, high fiber carbohydrates, and plenty of veggies. Anything that follows our meal template works here. Include a palm-sized portion of protein, plus 1-2 handfuls of carbohydrate.

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 exercise.