

WHOLE30

STARTER KIT

What's Inside

- Program Rules 2
- Meal Planning Template 3
- Handout for Practitioners 4
- Exclusive Recipes 6
- Additional Resources 25



THE OFFICIAL WHOLE30 PROGRAM RULES



YES EAT REAL FOOD



Eat meat, seafood, and eggs; vegetables and fruit; natural fats; and herbs, spices, and seasonings.



NO AVOID FOR 30 DAYS



Omit these foods, beverages, and ingredients 100% for 30 straight days. Read your labels!

✘ **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 most forms of legumes.** This includes beans (black, red, pinto, navy, garbanzo/chickpeas, white, kidney, lima, fava, cannellini, lentils, adzuki, mung, cranberry, and black-eyes peas); peanuts (including peanut butter or peanut oil); and all forms of soy (soy sauce, miso, tofu, tempeh, edamame, soy protein, soy milk, or soy 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 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 missing the point of the Whole30, and won't lead to habit change. These are the same foods that got you into health-and-craving trouble in the first place—and a pancake is still a pancake, even if it's made with coconut flour.

Some specific foods that fall under this rule include: pancakes, crepes, waffles, bread, tortillas, biscuits, muffins, cupcakes, cookies, brownies, alternative flour pizza crust or pastas, granola, cereal, or ice cream. No commercially-prepared chips (potato, tortilla, plantain, etc.) or French fries either. While this list of off-limit foods applies to everyone (even those who "don't have a problem" with pancakes), you may decide to exclude additional foods that you already know make you feel out of control, like RXBARs or almond butter. (See page 95 in The Whole30 for guidance.)

✘ **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, lifelong benefits this plan has to offer. So no weighing yourself, analyzing body fat, or breaking out the tape measure during the 30-day elimination period. (You may take photos and/or measurements on Days 0 and 31, however.)

THE FINE PRINT

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

* **Ghee or clarified butter**

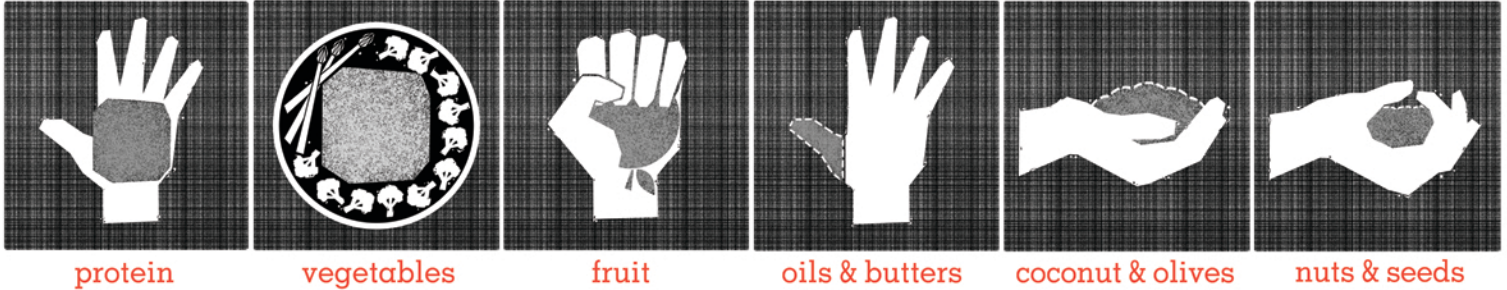
* **Green beans & most peas**

* **Coconut aminos**

* **Fruit juice as sweetener**

* **Vinegar and botanical extracts**

* **Iodized salt**



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**. 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-wo

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/](https://www.whole30.com/whole30-pre-workout-post-workout/) for specific guidelines.

post-wo

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.

WHAT IS THE WHOLE30® ?

The Whole30 is a dietary reset program designed to help change one's health, habits, and relationship with food. It's a structured food elimination and reintroduction protocol, which is what [many dietitians and doctors recognize as the gold standard](#) to identify potentially [problematic foods](#). This reset allows the body to reestablish an equilibrium that can improve gut health, promote hormonal balance, and decrease systemic inflammation commonly known to cause an array of diseases and conditions that disrupt daily life.

WHAT'S INCLUDED:



For 30 days, participants enjoy plates filled with real food—vegetables, meat, seafood, eggs, fruit, natural fats like avocado and olives, herbs, and spices.

WHAT'S ELIMINATED:



Alcohol, grains, added sugar (real and artificial), most forms of legumes, dairy, specific food additives (carrageenan, sulfites).

Participants eat 3-4 meals a day, starting with a balanced breakfast. They fill their plates with vegetables, 1-2 palm-sized protein sources, 1-2 servings of fat, and moderate portions of fruit.



protein



vegetables



fruit



oils & butters



coconut & olives



nuts & seeds

COMMON MISCONCEPTIONS

- ✗ It's not a weight loss, detox, or fad diet. It's an elimination and reintroduction protocol.
- ✗ The goal is NOT to restrict these foods forever
- ✗ The program doesn't label foods as "good" or "bad"
- ✗ The program doesn't have to be expensive. Frozen, canned, and non-organic food is compatible.
- ✗ The restriction in the elimination period will NOT lead to nutrient deficiencies. Eating real food for 30 days will improve nutrition status.



Visit the Whole30 Program Rules page for more info: <https://whole30.com/whole30-program-rules/>

WHAT HAPPENS AFTER THE 30 DAYS?

Following the 30-day elimination, they'll enter phase two, a 10-day (at least) period of reintroduction. In this phase, they'll reintroduce one food group at a time, then go back to the elimination phase for two days to reset (in case they have a negative experience). This helps participants discover potential triggers that have contributed to imbalance and/or disturbances in their overall health. With this new knowledge, they then have the ability to create a healthy lifestyle specifically tailored to them, keeping them looking, feeling, and living their best.

They'll reintroduce food groups in order of least likely to be problematic to most likely:

1 (OPTIONAL)
ADDED SUGAR

2 (OPTIONAL)
GLUTEN-FREE
ALCOHOL

3 LEGUMES

4 NON-GLUTEN
GRAINS

5 DAIRY

6 GLUTEN-
CONTAINING
GRAINS



What's the rationale?

Scientific literature and 11 years of clinical experience have shown these foods to be the most commonly problematic foods in one of four areas—cravings, metabolism, digestion, or immune system.

HOW CAN IT CHANGE YOUR PATIENT'S HEALTH?

- ✓ **Gastrointestinal Health:** Promotes regulation of bowel function to decrease or eliminate troublesome gastrointestinal symptoms such as bloating, cramping, headaches, diarrhea, and constipation.
- ✓ **Weight loss:** 96% of participants report losing weight or improving their body composition without restricting or counting calories.
- ✓ **Chronic inflammation:** Encourages a decrease in systemic inflammation that may be causing conditions such as arthritis, migraines, GERD, fibromyalgia, and chronic pain.
- ✓ **Hormonal Balance:** Eating nutrient-dense, balanced meals helps to regulate hormones which allows for an effective change in metabolism and potential improvements in sleep, weight control, allergies, blood sugar, cholesterol, and blood pressure.
- ✓ **Mental Health:** This 30-day dietary reset allows the brain to "rewire" and allows individuals to discover a more positive relationship with food that creates grounding, sustainable healthy habits. Participants report decrease in cravings, improvements in mental health conditions (anxiety, depression, etc.), and improved focus and mental clarity.

PARTICIPANT TESTIMONIALS

Thousands of Whole30 participants have [shared stories](#) of improving any number of lifestyle-related diseases and conditions through the program and have shared non-scale victories such as:

- ★ Improved cholesterol and blood pressure
- ★ Improved blood sugar regulation
- ★ Improvement in eczema, psoriasis, and rashes
- ★ Improved mental health
- ★ Improved sleep
- ★ Less chronic pain
- ★ Less acid reflux and heartburn
- ★ Less diarrhea and constipation
- ★ Fewer migraines
- ★ Fewer seasonal allergies



Participants' doctors have been supportive and excited about their success using the program for: healing from [cancer treatments](#), lowering [cholesterol](#), [diverticulitis](#), and [diabetes](#).



PRACTITIONER FEEDBACK FROM WHOLE30 CERTIFIED COACHES

"I use Whole30 as a therapeutic baseline because personalizing nutrition is the best way to treat and prevent disease. The Whole30 not only works, but also helps move my patients out of a toxic diet mentality so they can embrace a health-focused, wellness-centered lifestyle!"

- Elizabeth Ray, MS, RDN, LD

"Are you tired of prescribing more and more medications to treat the consequences of bad food choices? Whole30 offers a structured, evidenced-based, natural way to empower your patients to change their health by the foods they eat. I have personally and professionally found that following a Whole30 lifestyle and advocating this for my patients has renewed my passion for the preventive aspect of primary care medicine!"

- Dr. Allison Evanoff, MD

"I remember when I had no solutions for my patients. They would eat less and run more and they felt worse and worse. As a physician it was so frustrating, because I was tasked to help people and I was falling short. Whole30 has been an amazing tool that I use with my patients. One of the best aspects is giving patients a glimpse of health and what they could feel like all of the time if they made additional long-term changes to their health and nutrition."

- Dr. Rick Henriksen, MD

"The Whole30 consistently helps my clients jumpstart and improve their health, whether they're starting with gut issues, hormone imbalances, insulin resistance, or any number of other issues. The elimination portion provides them with relief from their symptoms and improves their self-confidence. The reintroduction helps them to figure out the foods that exacerbate their symptoms and the foods that work for them, which allows them to continue feeling their best. I cannot recommend the Whole30 enough and have found it such a great addition to my practice."

- Sam Presicci, MCN, RD, LD, CPT

"Explaining to my patients that Whole30 is not a diet, but a dietary reset has changed the way they view food into a more positive experience. Being able to rely on and use Whole30 to explain how food can cause inflammation that wreaks havoc on the body, and may be associated with diseases they may already have, has created a more harmonious and trusting relationship with my patients as we walk together in their health journey. I wholeheartedly believe in the power of the program and will continue to use it with my patients throughout my career."

- Dr. Kirin Escher, MD

ADDITIONAL RESOURCES FOR CLIENTS



[Whole30 Certified Coaches](#) are available to help answer questions and provide support and accountability. Coaches include RDs, MDs, Acupuncturists, Psychologists, and Nurse Practitioners.



Meal planning guides and shopping lists:
<https://whole30.com/pdf-downloads/>



How to do the program on a budget:
<https://whole30.com/whole30-budget-grocery-strategies>



Whole30 books and cookbooks:
<https://whole30.com/books/>

For more information or questions, contact Whole30's In-House Dietitian at Stephanie@whole30.com

150 Totally Compliant Prep-and-Go Recipes for Your Whole30

THE WHOLE30[®]

SLOW COOKER

MELISSA HARTWIG

Co-author of the New York Times best-selling *The Whole30*

with
**Instant
Pot[®]**
recipes!

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CHICKEN, KALE, AND SAUSAGE STEW

SERVES 4

PREP: 20 minutes

SLOW COOK: 6 hours (low) or 3 hours (high)

TOTAL: 6 hours 20 minutes

Fennel and lemon are frequently paired up—they just seem to like each other a lot. Use a mortar and pestle to crush the fennel seeds, or place them in a plastic bag and roll over them with a rolling pin.

1 pound boneless, skinless chicken breast, cut into 1-inch pieces

4 cups Whole30-compliant chicken broth or Chicken Bone Broth (page 294)

1 can (14.5 ounces) Whole30-compliant fire-roasted diced tomatoes, undrained

1 large yellow onion, cut into thin wedges

2 cloves garlic, minced

2 teaspoons grated lemon zest, plus extra for serving

1½ teaspoons fennel seeds, crushed

8 ounces Whole30-compliant smoked kielbasa or chicken-apple sausage, sliced into ½-inch pieces

2 cups packed chopped fresh kale

IN a 6-quart slow cooker combine the chicken, broth, tomatoes, onion, garlic, lemon zest, and fennel seeds.

COVER and cook on low for 6 to 7 hours or on high for 3 to 3½ hours. Add the sausage and kale. Cover and let stand for 5 minutes or until the sausage is heated through and the kale is wilted. Serve, topped with additional lemon zest if desired.

CLASSIC BBQ RIBS WITH BRUSSELS SPROUTS

SERVES 4

PREP: 25 minutes

SLOW COOK: 6 hours (low) or 3 hours (high)

TOTAL: 6 hours 25 minutes

1 teaspoon salt

¼ teaspoon black pepper

1 teaspoon onion powder

3½ pounds baby back ribs, membrane removed (see Tip), cut into 4 portions

1 bottle (10 ounces) Whole30-compliant barbecue sauce

1 medium red onion, minced

4 cloves garlic, minced

¼ cup pitted dates, finely chopped

1 package (10 ounces) frozen roasted Brussels sprouts or 12 ounces fresh Brussels sprouts

It's not absolutely necessary to broil the ribs after they come out of the slow cooker, but it does give them a nice caramelized brown crust.

IN a small bowl, combine the salt, pepper, and onion powder. Rub the ribs with the seasoning. Lay the ribs, bone sides down, in a 6-quart slow cooker. Pour the barbecue sauce over the ribs. Add the onion, garlic, and dates.

COVER and cook on low for 6 to 7 hours or on high for 3 to 3½ hours. Transfer the ribs to a platter, or to a large foil-lined baking sheet if broiling. Skim the fat from the cooking liquid. Spoon some of the cooking liquid over the ribs.

MEANWHILE, prepare the frozen Brussels sprouts according to the package directions, or roast fresh sprouts (see Tip).

BROIL the ribs, if desired: Place an oven rack 4 inches from the broiler and preheat the broiler. Broil the ribs for 3 to 5 minutes, or until the sauce begins to bubble.

SERVE the ribs with the Brussels sprouts alongside.

TIP To remove the membrane (silver skin) from the back of the ribs, start at one end of the rack and slide a table knife under the membrane. Lift and loosen the membrane. Use a paper towel to grab the edge of the membrane and pull it off. Or you can ask the butcher to do this for you.

TIP To roast fresh Brussels sprouts, place trimmed and halved Brussels sprouts on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in a 400°F oven until tender, about 20 minutes.





CHICKEN THIGHS AND BABY POTATOES WITH GREEN CHILE SAUCE

SERVES 4

PREP: 25 minutes

SLOW COOK: 6 hours (low) or 3 hours (high)

TOTAL: 6 hours 25 minutes

The sauce for this chicken dish is essentially salsa verde—savory and tart with the lemon-green apple flavor of tomatillos and lime and just a touch of heat from green chiles. Serve it with a simple slaw of grated jicama dressed with lime.

1½ pounds baby red or gold potatoes

8 bone-in chicken thighs (about 2 pounds total), skin removed (see Tip, page 169)

1 can (4 ounces) Whole30-compliant diced green chiles

½ cup Whole30-compliant chicken broth or Chicken Bone Broth (page 294)

2 medium tomatillos, husks removed and diced

3 cloves garlic, minced

2 teaspoons ground cumin

1 teaspoon ground coriander

1 teaspoon salt

½ teaspoon black pepper

Grated zest and juice of 1 lime

½ cup chopped fresh cilantro

PLACE the potatoes in a 5- to 6-quart slow cooker. Arrange the chicken over the potatoes. In a medium bowl, combine the green chiles, broth, tomatillos, garlic, cumin, coriander, salt, and pepper. Pour over the chicken and potatoes in the cooker. Cover and cook on low for 6 hours or on high for 3 hours.

DRIZZLE the chicken and potatoes with the lime juice and sprinkle with the lime zest and cilantro.

INSTANT POT VARIATION Follow the directions in the first step using a 6-quart Instant Pot. Lock the lid in place. Select Manual and cook at high pressure for 35 minutes. Use natural release for 10 minutes, then quick release. Follow the remaining directions.





TACO TURKEY-STUFFED PEPPERS

SERVES 4

PREP: 15 minutes

SLOW COOK: 2½ hours (low)

TOTAL: 2 hours 45 minutes

Mix up the colors of the bell peppers you use for the prettiest finished dish.

1 tablespoon extra-virgin olive oil
1½ pounds ground turkey
½ cup chopped onion
3 cloves garlic, minced
1 tablespoon Whole30-compliant taco seasoning (see Tip)
¾ cup Whole30-compliant salsa
4 medium red or yellow bell peppers
Chopped fresh cilantro

IN a large skillet, heat the oil over medium-high heat. Add the turkey, onion, garlic, and taco seasoning and cook, stirring with a wooden spoon to break up the meat, until browned. Stir in the salsa.

PLACE a small rack in a 5- to 6-quart slow cooker. Add ¼ cup water to the slow cooker. Cut a thin slice from the top of each pepper to remove the stem. Use a small, sharp knife to cut out the seeds and membranes, keeping the peppers intact. Set the peppers, cut sides up, on the rack in the cooker. Spoon the turkey mixture into the peppers. Cover and cook on low for 2½ to 3 hours, until the peppers are tender.

CAREFULLY transfer the peppers to a serving platter. Discard the cooking liquid. Serve, topped with cilantro.

TIP *If you can't find a Whole30-compliant taco seasoning, it's easy to make your own: In a container with an airtight lid, combine 2 tablespoons chili powder, 2½ teaspoons ground cumin, 1½ teaspoons sea salt, 1½ teaspoons ground black pepper, 1 teaspoon each garlic and onion powder, 1 teaspoon paprika, ½ teaspoon crushed red pepper flakes, and ½ teaspoon dried oregano. Store in a cool, dark place for up to 6 months. Stir or shake well before using.*

INSTANT POT VARIATION *Follow the directions in the first two steps using a 6-quart Instant Pot. Select Sauté and adjust to Normal/Medium to cook the turkey. After stuffing the peppers, add ¼ cup water and a trivet to the pot. Place the peppers on the trivet. Lock the lid in place. Select Manual and cook at high pressure for 5 minutes. Use quick release. Follow the remaining directions.*



SHRIMP GUMBO

SERVES 4

PREP: 25 minutes

SLOW COOK: 4 hours (low) or
2 hours (high)

TOTAL: 4 hours 25 minutes

Filé powder is made from the dried, ground leaves of the sassafras tree. It acts as a thickener in this gumbo, and also gives the gumbo its characteristic woody flavor and a pleasantly “sandy” texture. Look for it in the spice aisle of your supermarket.

1 pound fresh or frozen peeled and deveined medium shrimp

2 Whole30-compliant chicken and apple sausage links or 6 ounces Whole30-compliant andouille sausage, coarsely chopped

1 cup fresh or frozen sliced okra

½ cup diced green bell pepper

½ cup diced onion

½ cup diced celery

1 can (14.5 ounces) Whole30-compliant whole tomatoes, drained and cut-up

1 bay leaf

¾ teaspoon Whole30-compliant Cajun seasoning

¼ teaspoon salt

¼ teaspoon black pepper

½ teaspoon filé powder

1 package (16 ounces) cauliflower crumbles, prepared according to package directions, or 3 cups raw cauliflower rice (page 60)

Chopped fresh flat-leaf parsley

Whole30-compliant hot sauce (optional)

THAW the shrimp, if frozen. In a 6-quart slow cooker, combine the shrimp, sausage, okra, bell pepper, onion, celery, tomatoes, bay leaf, Cajun seasoning, salt, and pepper.

COVER and cook on low for 4 hours or on high for 2 hours, or just until the shrimp is opaque and the vegetables are cooked through. Turn the slow cooker to high if using the low setting. Stir in the filé powder. Cook, stirring, until slightly thickened, about 3 minutes.

DISCARD the bay leaf. Serve the gumbo over the cauliflower, and sprinkle with parsley. If desired, pass hot sauce at the table.

TIP *If desired, substitute 2 tablespoons tapioca flour stirred into 1 tablespoon cold water for the filé.*

INSTANT POT VARIATION *Follow the directions in the first two steps using a 6-quart Instant Pot. Lock the lid in place. Select Manual, adjust to Less/Low, and cook for 5 minutes. Use natural release for 2 minutes, then quick release. Leave the keep warm function active while stirring in the filé powder. Continue with the remaining directions.*

AN ALL-NEW WHOLE30 COOKBOOK!

Enjoy 150 delicious, no-fuss recipes—over half of which can be whipped up in an Instant Pot!

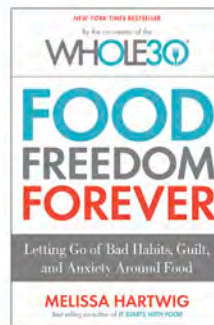
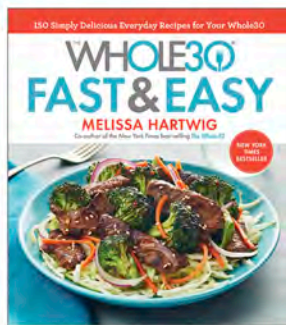
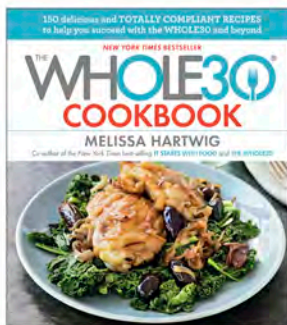
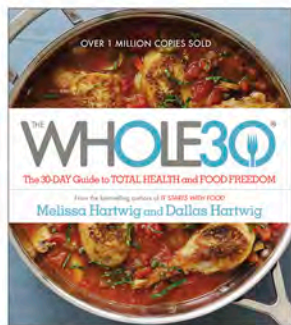
Since 2009, millions of people have transformed their lives with the Whole30. Now, co-creator Melissa Hartwig is making it even easier to achieve Whole30 success with mouth watering slow cooker recipes that turn ingredients into delicious, hearty meals while you're out and about—including no-fuss dinners like Classic Slow Cooker Beef Stew, Five-Spice Ribs, Chicken and Zoodle Soup, or Green-Chile Squash “with Seed-Crusted Fish. This follow-up to the best-selling *The Whole30 Cookbook* and *The Whole30 Fast & Easy* is packed with 150 recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle.



MELISSA HARTWIG is a Certified Sports Nutritionist who specializes in helping people change their relationship with food and create life-long, healthy habits. She is the co-creator and CEO of the Whole30 program, and a five-time *New York Times* best-selling author, including the #1 bestseller *The Whole30*.

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Co-author of the New York Times best-selling *The Whole30*



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Shrimp Stir-Fry over Cauliflower Grits

SERVES 4

Here's a totally new way to do shrimp and grits. The shrimp is cooked in bacon drippings and flavored with garlic, green onions, lemon juice, and parsley instead of Cajun seasoning—and they're served on incredibly creamy and decadent-tasting cauliflower grits. You will not believe what you're tasting!

PREP: 20 minutes

COOK: 15 minutes

TOTAL: 35 minutes

2 slices Whole30-compliant bacon, chopped

FOR THE CAULIFLOWER GRITS

2 bags (12 ounces each) frozen riced cauliflower, or 6 cups raw cauliflower rice (see opposite)

¼ cup Clarified Butter (page 283) or ghee

2 teaspoons minced garlic

½ teaspoon salt

½ teaspoon black pepper

½ cup Whole30-compliant unsweetened almond milk

FOR THE SHRIMP

1 tablespoon Clarified Butter (page 283) or ghee

1½ pounds peeled and deveined medium shrimp (see Tip)

2 teaspoons minced garlic

½ cup sliced green onions

2 tablespoons fresh lemon juice

2 tablespoons chopped fresh parsley

IN a large skillet, cook the bacon over medium heat until crisp. Transfer to paper towels and set aside. Reserve 1 tablespoon of the drippings in the skillet.

MAKE THE CAULIFLOWER GRITS: While the bacon is cooking, place the riced cauliflower in a large microwave-safe bowl. Cover and cook on high for 5 to 6 minutes or until hot. Let stand 1 minute. Add the butter, garlic, salt, black pepper, and almond milk. Using an immersion blender, blend until fairly smooth. Cover and keep warm while cooking the shrimp.

MAKE THE SHRIMP: Add the butter to the skillet with the bacon drippings. Add the shrimp and cook over medium-high heat, stirring, for 1 minute. Add the garlic and green onions. Cook, stirring, until the shrimp are opaque, about 3 minutes more. Stir in the lemon juice.

SERVE the shrimp on the grits, sprinkled with the bacon and parsley.

TIP You can also use cooked shrimp in place of the raw shrimp. Add them after the garlic and green onions have softened and cook, stirring, until heated through, 1 to 2 minutes. Stir in the lemon juice.



Cauliflower Rice and Crumbles

Nutritious cauliflower rice or “crumbles” can be used to replace couscous, grains, or rice, and serves as a blank canvas for seasonings. You can buy bags of frozen riced cauliflower or refrigerated cauliflower crumbles in the refrigerated aisle of your supermarket, but it takes just 5 minutes to make your own.

HOMEMADE CAULIFLOWER CRUMBLES: Cut 1 large head cauliflower into large florets. In batches, place the florets in a food processor (don't fill more than

three-fourths full). Pulse the florets until processed into crumbles. Remove any unprocessed large pieces from the food processor. Transfer the crumbles or rice to bowl, then reprocess the large pieces. Makes about 7 cups.

HOMEMADE CAULIFLOWER RICE: Process as directed above, but pulse a bit longer, until the cauliflower is in rice-size pieces.

TO COOK CRUMBLES OR RICE: Place cauliflower crumbles or rice in a

microwave-safe bowl; drizzle with 1 tablespoon extra-virgin olive oil and stir to coat. Tightly cover the bowl with plastic wrap and cook until just tender, about 3 minutes. Or, heat 1 tablespoon extra-virgin olive oil in a large skillet over medium-high heat. Add the cauliflower and cook until just tender, 3 to 5 minutes.

Place any leftover cauliflower crumbles or rice in airtight container and freeze for up to 3 months. Thaw at room temperature for 10 minutes just before using.



Big Turkey Meatballs with Roasted Cherry Tomatoes

SERVES 3

Not only does forming 8 hefty meatballs rather than 24 or 36 smaller ones save time—it also makes for a fun presentation on a serving platter with the roasted cherry tomatoes and fresh basil.

PREP: 15 minutes

ROAST: 30 minutes

TOTAL: 45 minutes

FOR THE MEATBALLS

1½ pounds ground turkey

1 large egg

½ cup almond flour

2 cloves garlic, minced

2 teaspoons Whole30-compliant Italian seasoning

1 teaspoon fennel seeds, crushed

1 teaspoon black pepper

½ teaspoon salt

1 tablespoon extra-virgin olive oil

FOR THE TOMATOES

2 pints red and/or yellow cherry tomatoes

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced

1 teaspoon Whole30-compliant Italian seasoning

¼ teaspoon salt

¼ teaspoon black pepper

2 tablespoons chopped fresh basil

PREHEAT the oven to 400°F. Line a large rimmed baking pan with parchment paper.

MAKE THE MEATBALLS: In a large bowl, combine the turkey, egg, almond flour, garlic, Italian seasoning, fennel seeds, pepper, salt, and olive oil. Form into 9 meatballs. Arrange the meatballs on the pan, spacing them evenly. Roast for 20 minutes.

MAKE THE TOMATOES: Meanwhile, in a medium bowl, combine the cherry tomatoes, olive oil, garlic, and Italian seasoning. Season with the salt and black pepper.

ADD the cherry tomatoes to the pan around the meatballs. Turn the meatballs and roast for 10 minutes more, or until the tomatoes split and the internal temperature of the meatballs is 165°F.

TOP the meatballs and roasted tomatoes with the fresh basil and serve.

Shredded Barbecue Chicken on Sweet Potato “Buns”

SERVES 4

These knife-and-fork open-face sandwiches feature the flavors of a classic Southern-style BBQ sandwich without the high sugar and carb content—and with nutrient-rich sweet potatoes.

PREP: 20 minutes
SLOW COOK: 3 hours
20 minutes (high)
TOTAL: 3 hours 40 minutes

FOR THE CHICKEN

2 tablespoons Clarified Butter (page 283) or ghee, melted

2 cloves garlic, minced

2 teaspoons Whole30-compliant hot sauce

½ teaspoon salt

¼ teaspoon black pepper

1½ pounds boneless, skinless chicken thighs

1 cup Whole30-compliant barbecue sauce

FOR THE SWEET POTATO BUNS

2 large sweet potatoes (about 3 pounds; see Tip), peeled

2 tablespoons extra-virgin olive oil

¼ teaspoon salt

⅓ cup thinly sliced green onions

MAKE THE CHICKEN: In a 3½- or 4-quart slow cooker, stir together the butter, garlic, hot sauce, salt, and pepper. Add the chicken and turn to coat the pieces. Cover and cook on high for 3 to 4 hours.

TRANSFER the chicken to a cutting board and discard the cooking liquid. Shred the chicken with two forks then return to the slow cooker. Stir the barbecue sauce into the chicken. Cover and cook on high until heated through, about 10 minutes.

MAKE THE SWEET POTATO BUNS: Meanwhile, preheat the oven to 400°F. Line a large baking sheet with parchment paper. Cut six ½-inch-thick rounds from the widest portion of each sweet potato. In a large bowl, toss the sweet potato rounds with the olive oil and salt and place in a single layer on the pan. Bake until the potatoes are tender, about 20 minutes.

SERVE the barbecue chicken on sweet potato buns and top with green onions.

TIPS Choose sweet potatoes that are round in the middle to cut the best rounds for the buns.

You will have ends from each sweet potato that are too small to use for the rounds, but don't throw them away! Simply chop and cook with olive oil, salt, and black pepper in a skillet for an easy side dish the next day.





Roasted Potato and Kale Hash with Eggs

SERVES 4

The creaminess of the roasted potatoes nicely balances the hearty texture of the kale in this sheet-pan hash. Using pre-chopped kale saves the time of washing, stripping, and chopping the greens.

PREP: 20 minutes

ROAST: 30 minutes

TOTAL: 50 minutes

1 ½ pounds Yukon Gold potatoes, cut into ¾-inch pieces

1 large onion, chopped

3 cloves garlic, chopped

3 tablespoons extra-virgin olive oil

1 ½ teaspoons dried oregano

1 teaspoon chili powder

1 teaspoon coarse salt

½ teaspoon black pepper

4 cups chopped kale (see Tip)

8 large eggs

4 green onions, thinly sliced

Chopped fresh parsley (optional)

PLACE a rack in the center of the oven. Preheat the oven to 450°F. Line a large rimmed baking pan with parchment paper.

COMBINE the potatoes, onion, garlic, olive oil, oregano, chili powder, salt, and black pepper in a large bowl and toss to coat. Spread on the baking pan. Roast until the potatoes are just tender and starting to brown, about 20 minutes.

REDUCE the oven temperature to 400°F. Add the kale to the pan and stir until the kale wilts, returning the pan to the oven for a few minutes if necessary. Make six indentations in the hash and carefully break an egg into each indentation. Roast until the egg whites are set, 8 to 10 minutes more. Top with the green onions, sprinkle with chopped parsley if desired, and serve.

TIP *Look for washed and chopped kale near the packaged lettuce in the produce aisle of the supermarket.*

Coffee au Poivre Steaks with Spiral Potatoes

SERVES 4

The French term *au poivre* usually refers to a steak that's generously coated in cracked black pepper and then grilled or pan-seared. This recipe takes that concept and applies it to steaks coated in a rub made of finely ground coffee beans, hot chili powder, smoked paprika, sea salt, and mustard powder and broiled. The crispy spiral potatoes served alongside are can't-stop-eating-them good!

PREP: 20 minutes

ROAST/BROIL: 25 minutes

TOTAL: 45 minutes

FOR THE STEAKS

1½ tablespoons finely ground coffee beans or ground instant coffee

1½ tablespoons hot chili powder

2 teaspoons smoked paprika

1 teaspoon sea salt

½ teaspoon mustard powder

4 (1-inch-thick) rib eye steaks, trimmed of fat (about 8 ounces each)

FOR THE POTATOES

3 medium russet potatoes, peeled and spiralized into noodles

1½ to 2 tablespoons avocado oil or melted coconut oil

1 teaspoon garlic powder

1 teaspoon salt

¼ to ½ teaspoon black pepper

ADJUST the oven racks so one is about 4 inches from the broiler heat and the other is lower in the oven. Preheat the oven to 425°F. Line a rimmed baking pan with foil.

PREPARE THE STEAKS: In a small bowl, combine the ground coffee, chili powder, paprika, salt, and mustard powder. Place the steaks on the unheated rack of a broiler pan or baking pan. Rub the steaks all over with the coffee mixture.

MAKE THE POTATOES: Place the potato noodles on the lined baking pan and pat dry with a paper towel. In a small bowl, combine the oil, garlic powder, salt, and pepper; drizzle over the potatoes and gently toss to coat. Roast the potato noodles on the lower oven rack, tossing once halfway through, for 20 minutes.

TURN the oven to broil, leaving the potatoes on the lower rack. Place the steaks on the upper rack. Broil the steaks, turning once halfway through, for 12 to 14 minutes for medium-rare (internal temperature is 145°F) or to desired doneness. Remove the pan with the steaks from the oven, and let steaks rest for 5 minutes while finishing potatoes.

MOVE the pan with the potatoes to the upper rack position and broil, watching carefully and tossing occasionally, until golden and crisp, about 5 minutes.



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ASIAN BEEF ZOODLE SOUP

This Whole30 take on Vietnamese pho subs in zucchini noodles for the classic rice noodles but features the same flavorful ginger-garlic beef broth and toppings—Thai basil, cilantro, sliced green onion, jalapeño, and lime wedges—so you can customize it to your taste.

SERVES 4

PREP: 15 minutes COOK: 10 minutes TOTAL: 25 minutes

2 tablespoons coconut oil
1 small onion, halved and thinly sliced
6 ounces fresh shiitake mushrooms, stemmed and sliced
2 cloves garlic, minced
2 teaspoons minced fresh ginger
5 cups Beef Bone Broth (page 285) or Whole30-compliant beef broth
2 tablespoons coconut aminos
2 teaspoons Red Boat fish sauce
1 teaspoon salt
2 medium zucchini
12 ounces boneless beef sirloin steak, thinly sliced across the grain (see Tip)

TOPPINGS

Fresh Thai basil leaves
Fresh cilantro leaves
Sliced green onion
Sliced jalapeño
Lime wedges

In a large pot, heat the coconut oil over medium heat. Add the onion and cook, stirring, until softened, about 2 minutes. Add the mushrooms and cook, stirring, for about 3 minutes. Add the garlic and ginger and cook, stirring, until fragrant, about 30 seconds. Add the broth, coconut aminos, fish sauce, and salt. Bring to a boil; reduce the heat to medium-low and simmer, uncovered, for 5 minutes.

Meanwhile, use a spiral slicer or julienne peeler to cut the zucchini lengthwise into long, thin strands (or use a regular vegetable peeler to cut the zucchini lengthwise into thin ribbons). Add the zucchini noodles to the simmering soup and cook until just tender, about 2 minutes. Add the sliced steak and simmer until just cooked, 30 to 60 seconds. Ladle the soup into bowls and serve with the toppings of your choice.

TIP Freeze the steak for 15 minutes for easier slicing.





SAUSAGE, POTATO, AND KALE SOUP

This is the perfect soup for warming up on a fall or winter evening. Leftovers hold really well and are wonderful for lunch—or even breakfast—the next day.

SERVES 4

PREP: 10 minutes **COOK:** 30 minutes **TOTAL:** 40 minutes

- 1 pound ground pork
- 2 teaspoons Italian seasoning, crushed
- ½ teaspoon salt, plus more as needed
- ½ teaspoon smoked paprika
- ¼ teaspoon fennel seeds
- ¼ teaspoon black pepper, plus more as needed
- ⅛ teaspoon red pepper flakes
- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 3 cloves garlic, minced
- 4 cups Chicken Bone Broth (page 284) or Whole30-compliant chicken broth
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 pound red potatoes, cut into ¾-inch chunks
- 4 cups chopped fresh kale or Swiss chard leaves
- 2 teaspoons chopped fresh thyme leaves

In a large bowl, combine the ground pork, Italian seasoning, salt, paprika, fennel seeds, black pepper, and red pepper flakes; mix well.

Heat the olive oil in a large pot over medium heat. Add the pork mixture, the onion, and the garlic. Cook, stirring frequently, until the meat is browned.

Stir in the broth, tomatoes with their juices, and potatoes. Bring to a boil. Reduce the heat to low, cover, and simmer, stirring occasionally, until the potatoes are just tender, 15 to 20 minutes. Add the kale and thyme and cook, uncovered, until the kale is tender, 5 minutes more. Season with additional salt and black pepper and serve.



PIQUILLO PEPPER CHICKEN PATTIES ON GRILLED EGGPLANT WITH CARAMELIZED FENNEL MAYO

Spanish piquillo peppers are sweet, with very little to no heat, but they take on a wonderfully smoky flavor when they are roasted over hot embers before being peeled, seeded, and packed in jars. The flecks of minced red peppers and chopped fresh basil give the patties a colorful confetti interior.

SERVES 4

PREP: 10 minutes COOK: 25 minutes TOTAL: 45 minutes

FOR THE MAYO

- 1 tablespoon extra-virgin olive oil
- 1 fennel bulb, trimmed, cored, thinly sliced, and chopped
- 2 cloves garlic, minced
- ½ cup Basic Mayonnaise (page 287)

FOR THE PATTIES

- ½ cup chopped fresh basil
- 4 piquillo peppers or roasted red peppers, minced
- 1 teaspoon dried oregano, crushed
- 1 teaspoon kosher salt
- ½ teaspoon ground fennel seeds
- 1½ pounds ground chicken (light and dark meat)
- 1 medium eggplant, cut into eight ½-inch-thick slices
- 1 tablespoon extra-virgin olive oil
- Black pepper
- 4 cups baby arugula

MAKE THE MAYO: In a medium skillet, heat the olive oil over medium heat. Add the fennel and cook,

stirring occasionally, until soft and golden brown, 10 to 12 minutes. Add the garlic and cook, stirring, for 1 minute more. Transfer to a small bowl and let cool completely. Stir in the mayonnaise. Cover and chill until needed.

Preheat a grill to medium-high (375 to 400°F).

MAKE THE PATTIES: In a large bowl, combine the basil, piquillo peppers, oregano, salt, and fennel seeds. Add the ground chicken. Mix with your hands until thoroughly combined. Form the chicken mixture into four ¾-inch-thick patties.

Place the patties on the grill rack directly over medium-high heat. Grill the patties for 12 to 16 minutes, turning once, until they are cooked through and their internal temperature is 165°F.

Brush the eggplant slices with the olive oil. Sprinkle with salt and black pepper. Grill the eggplant, turning once, until tender, 4 to 6 minutes.

Divide the arugula among four plates. Top each serving with two grilled eggplant slices. Place one patty on top of the eggplant slices. Top with some of the mayo.

TUNA NIÇOISE SALAD

This classic south-of-France dish is what's called a composed salad because rather than tossing everything together, it's beautifully arranged on a platter or plate. This version is super simple to make because it uses canned tuna. Be sure to get tuna packed without broth (which often contains soy).

SERVES 2

PREP: 20 minutes **COOK:** 10 minutes **TOTAL:** 30 minutes

FOR THE VINAIGRETTE

- ¼ cup white wine vinegar
- 10 pitted Kalamata olives, finely chopped
- 1 anchovy fillet, minced
- 1 clove garlic, minced
- 1 teaspoon Whole30-compliant Dijon mustard
- ½ cup extra-virgin olive oil
- Black pepper

FOR THE VEGETABLES

- 4 small Yukon Gold potatoes
- Salt
- 6 to 8 asparagus spears, trimmed

FOR THE SALAD

- 4 cups baby arugula
- 2 hard-cooked eggs, quartered (see Tip, page 270)
- 1 ripe large tomato, cut into wedges
- 2 cans (5 ounces each) water-packed wild albacore tuna, drained and broken into chunks
- Small fresh basil leaves (optional)

MAKE THE VINAIGRETTE: In a medium bowl, whisk together the vinegar, olives, anchovy, garlic, and mustard. While whisking, slowly drizzle in the oil until emulsified. Season with pepper.

MAKE THE VEGETABLES: Place the potatoes in a large saucepan with lightly salted water to cover. Bring to a boil and reduce the heat to medium-low. Simmer, uncovered, just until tender, about 10 minutes. Drain, halve the potatoes, and drizzle with some of the vinaigrette. (Refrigerate the remaining vinaigrette.) Steam the asparagus until crisp-tender, about 3 minutes. Immediately place in ice water to cool. Drain.

MAKE THE SALAD: Divide the arugula between two plates. Arrange the potatoes, asparagus, eggs, tomato, and tuna on the arugula. Drizzle with the remaining vinaigrette and sprinkle with basil, if desired.



SMOKY BARBECUE-SPICED KALE CHIPS

A blend of chili powder, garlic powder, onion powder, smoked paprika, and black pepper gives these crispy chips real BBQ flavor. The recipe makes more than you need for one batch of chips. Store leftovers in a tightly sealed container in a cool, dry place for the next time need to whip up some spicy kale chips, fast.

SERVES 6

PREP: 15 minutes **COOK:** 25 minutes **TOTAL:** 40 minutes

- 1 bunch kale (about 1 pound)
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¾ teaspoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon smoked paprika
- ¼ teaspoon black pepper

Preheat the oven to 300°F. Line two large baking sheets with parchment paper.

Wash the kale leaves to remove any dirt or sand. Thoroughly dry both sides of each leaf using paper towels. Remove and discard the thick stems from the kale leaves and tear the leaves into bite-size pieces. In a large bowl, combine the kale, oil, and salt. Use your hands to massage the oil and salt into the kale until it's thoroughly coated. Arrange the kale leaves in a single layer on the large baking sheets. Bake for 20 minutes. Stir gently and bake for 5 to 10 minutes more, or until the chips are dry and crisp.

Meanwhile, in a small bowl, combine the chili powder, garlic powder, onion powder, paprika, and pepper.

When the kale chips are finished baking, immediately sprinkle them with the desired amount of the seasoning mixture and toss gently to coat. Let cool completely before serving.





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