

WHOLE30[®] at home

Visualize Whole30 success by crossing off each day as you complete it.

M	T	W	Th	F	Sa	Su
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12					

As I stop relying on food or drink to relieve anxiety, deal with stress, or numb my emotions, I will develop new self care practices like:

Connecting with a friend
Prioritizing sleep
Journaling

My Why

I'm committed to my Whole30 because...

My WHOLE30[®] Mantras

- **I am worthy** of keeping this commitment. I deserve this experience, and I will advocate for myself during this time.
- During the Whole30, my only job is to put Whole30 food in my mouth. **There is no "perfect" Whole30;** I am successful when I simply follow the rules.

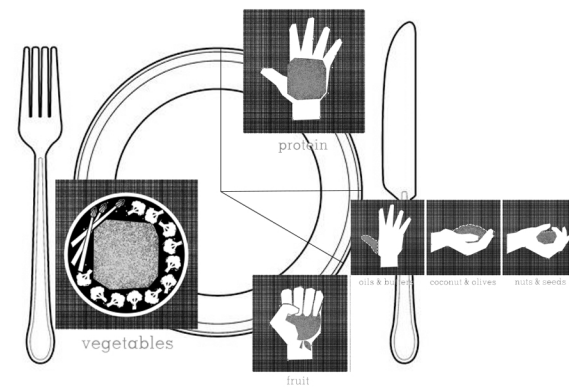
Reintroduction

"There is no food freedom without a proper reintroduction." - Melissa Urban

My Reintroduction plan is:

For more information, visit whole30.com/reintroduction

my WHOLE30[®] plate



Each meal include:

1-2 palm sized servings of protein

PlateFUL of veggies!

Healthy Fat

Fruit, as desired, but don't crowd out veggies!