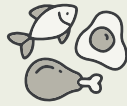


The Original WHOLE30® Program Rules

Phase 1: Elimination

30 days

During elimination, you'll be eating:



Meat, Seafood,
& Eggs



Vegetables
& Fruit



Animal &
Plant-Based Fats



Herbs, Spices,
& Seasonings

This is a list of the food and beverage groups you'll *eliminate* in the first phase of the Original Whole30.

To accurately identify specific food sensitivities, commit to the complete elimination of these food groups for 30 straight days.

- ❌ **Added sugar** (real or artificial)
- ❌ **Alcohol** (wine, beer, cider, liquor, etc.)
- ❌ **Grains** (wheat, rye, barley, farro, oats, rice, corn, quinoa, etc.)
- ❌ **Legumes** (beans, lentils, soy in all forms, peanuts)
- ❌ **Dairy** (milk, cheese, sour cream, yogurt, etc.)
- ❌ **The Pancake Rule** (baked goods, pasta, cereal, chips, and fries)
- ❌ **The Scale Rule** (weighing yourself or taking measurements)

The Fine Print (exceptions)

These foods are *allowed* during the Original Whole30 elimination phase:

- ✓ Green beans and most peas (sugar snap, snow, green, yellow, and split)
- ✓ Ghee or clarified butter
- ✓ Cooking oils (regardless of their source)
- ✓ Coconut aminos
- ✓ Alcohol-based botanical extracts (like vanilla, lemon, or lavender)
- ✓ Cane, Champagne, red wine, rice, sherry, and white wine vinegars
- ✓ Iodized salt (which contains dextrose as a stabilizer)

Phase 2: Reintroduction

10+ days

Immediately following elimination, you'll reintroduce these food groups one at a time, returning to the elimination phase for 2-3 days in between.

Reintroduce each ingredient into an otherwise Whole30 meal for all of your meals that day, with the exception of alcohol.

Include enough of the reintroduced food group to properly challenge your system.



Group 1
Added sugar
(optional)



Group 2
Legumes



Group 3
Non-gluten grains
(oats, rice, corn, quinoa, etc.)



Group 4
Dairy



Group 5
Gluten-containing grains
(wheat, rye, barley, farro, etc.)



Group 6
Alcohol
(optional)