

ORIGINAL WHOLE30 PROGRAM RULES ELIMINATION PHASE (30 DAYS)



Added sugar, real or artificial

This includes (but is not limited to) maple syrup, honey, agave nectar, coconut sugar, date syrup, monk fruit extract, stevia, Splenda, Equal, Nutrasweet, and xylitol.



Alcohol

Wine, beer, champagne, vodka, rum, whiskey, tequila, etc., whether consumed on its own or used as an ingredient; not even for cooking.



Grains

This includes 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 forms of added wheat, corn, and rice in the form of bran, germ, starch, and so on.



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). The only exceptions are green beans and most peas (see the Fine Print).



Dairy

Cow's-, goat's-, or sheep's-milk products like milk, cream, cheese, kefir, yogurt, sour cream, ice cream, frozen yogurt, and sour cream. The only exceptions are clarified butter or ghee (see the Fine Print).



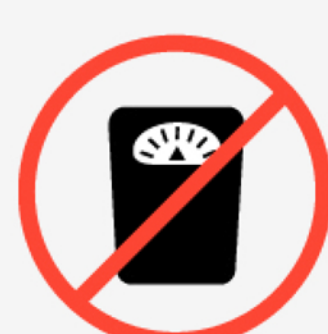
Additives

The only additives specifically called out for Whole30 elimination are carrageenan and added sulfites.



The Pancake Rule

Specific foods that fall under the Pancake Rule (and are therefore eliminated on the Whole30, even if made with compatible ingredients) include: pancakes, crepes, waffles, bread, tortillas, biscuits, muffins, cupcakes, cookies, brownies, alternative flour pizza crust or pastas, granola, cereal, or ice cream. This rule also specifies the elimination of commercially-prepared chips (potato, tortilla, plantain, etc.) and French fries.



Stepping on the scale or taking measurements

The Whole30 elimination phase also requires that you not weight yourself, analyze body fat, or break out the tape measure for 30 days.

The fine print

These foods are exceptions to the rule and allowed during Whole30 elimination

- Ghee or clarified butter
- Fruit juice
- Green beans and most peas (sugar snap, snow, green, yellow, and split peas)
- Vinegar (all forms but malt) and botanical extracts
- Coconut aminos
- Table salt