

The Original WHOLE30® Program Rules

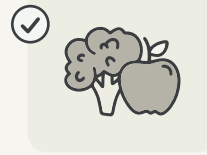
Phase 1: Elimination

30 days

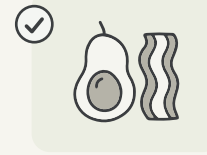
During elimination, you'll be eating:



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*)

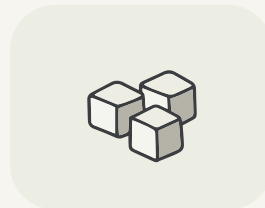
Phase 2: Reintroduction

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)

The Original WHOLE30 Meal Template

The Whole30 can help you restore a connection with your body's natural "hungry" and "full" signals, and (re)learn to trust those signals. By the second week of your Whole30, you should be able to tune into your body for cues, and use your energy, focus, hunger, and mood to help you build a plate that suits your needs, activity levels, and schedule.

Until then, here is a general meal template for the Original Whole30. Use this as a starting place if you're not sure how much to eat. Treat this template as a minimum, such that you're not regularly eating less than the quantities recommended here. Feel free to add more protein, fat, and/or carbs to your plate if needed, in support of your energy, athletics, or muscle mass.



Protein



Vegetables



Fruit

Eat 3-4 meals a day, starting with breakfast

Base each meal around 1-2 palm-sized servings of protein. Fill the rest of your plate with vegetables. Add 1-2 servings of fruit as you choose.



Oils & Butters



Coconut & Olives



Nuts & Seeds

Add fat in the following recommended amounts *per meal*:

- Oils and cooking fats (avocado oil, duck fat, etc.): 1-2 thumb-sized portions
- Butters (ghee, nut, seed, coconut): 1-2 thumb-sized portions
- Coconut (shredded or flaked): 1-2 open (heaping) handfuls
- Olives: 1-2 open (heaping) handfuls
- Nuts and seeds: 1 small handful
- Avocado: ½ - 1 avocado
- Coconut milk: ¼ -½ of one (13.5-oz.) can



Avocados



Coconut Milk



meat stick
+ carrot sticks
+ guacamole



hard-boiled egg
+ apple
+ almond butter



smoothie w/ protein powder
+ kale & berries
+ full-fat coconut milk

Your schedule, hunger levels, or activity levels may require a snack or "mini-meal" between meals. For each snack, include at least two of the three basic macronutrients (protein, fat, carbs) for satiety. Make your snack as big as you need to tide you over, but not so big that you're too full to eat your next scheduled meal.

protein

carbs

fat

WHOLE30 Mindset Checklist

I've found it helpful to give new Whole30'ers a mindset "cheat sheet," especially if you're coming to us from quick-fix weight loss diets. Return to this checklist anytime you find yourself slipping back into a diet mindset or similar behaviors, to remind yourself that this is not that.



The Whole30 is a short-term self-experiment designed to help me learn the foods that work best for me, so I can create my own personalized, sustainable, joyful diet.



The foods I eliminate are not bad or unhealthy; they're just unknown. In my Whole30 elimination and reintroduction, I trust myself to determine how these foods work for me.



No foods are good or bad, and I am not good or bad based on what I eat. Food is not moral, and I will show myself grace as I work to embrace this mindset.



For 30 days, I'll take a break from checking the scale and focusing on bodyweight, and instead celebrate all the other benefits I'm seeing in my Whole30 journey.



I am making a commitment to myself and the Whole30, including reintroduction. I am worthy of keeping this commitment, and I will advocate for myself during my program.

WHOLE30® Non-Scale Victory (NSV) Checklist

Here is a long list of Whole30 benefits reported during elimination and reintroduction. We call these Non-Scale Victories (NSVs). Consulting this list can help you stay motivated and accountable, track your progress, and measure success in ways that don't involve the scale. Mark new boxes as you experience benefits throughout your program—no victory is “too small” to celebrate! At the end of your 30-day elimination, check off *everything* you've noticed about your physical, mental, emotional, and social health as the result of your Whole30. Be generous here—you've earned it!

PHYSICAL (INSIDE)

- | | | |
|---|---|---|
| <input type="checkbox"/> Fewer PMS symptoms | <input type="checkbox"/> Fewer seasonal allergies | <input type="checkbox"/> Improved cholesterol |
| <input type="checkbox"/> Fewer menopause symptoms | <input type="checkbox"/> Fewer migraines | <input type="checkbox"/> Improved circulation |
| <input type="checkbox"/> Increased libido | <input type="checkbox"/> Fewer asthma attacks | <input type="checkbox"/> Improved blood sugar regulation |
| <input type="checkbox"/> Healthier gums | <input type="checkbox"/> Less acid reflux/GERD | <input type="checkbox"/> Improved medical symptoms |
| <input type="checkbox"/> Less stomach pain | <input type="checkbox"/> Less heartburn | <input type="checkbox"/> Reduced or eliminated medications |
| <input type="checkbox"/> Less diarrhea | <input type="checkbox"/> Less chronic pain | <input type="checkbox"/> Recovering faster from injury or illness |
| <input type="checkbox"/> Less constipation | <input type="checkbox"/> Less tendonitis/bursitis | <input type="checkbox"/> Improved heart rate variability (HRV) |
| <input type="checkbox"/> Less gas | <input type="checkbox"/> Less shoulder/back/knee pain | <input type="checkbox"/> Improved resting heart rate |
| <input type="checkbox"/> Less bloating | <input type="checkbox"/> More mobile joints | <input type="checkbox"/> Less time in “high stress” zones per your wearable |
| <input type="checkbox"/> Improved regularity | <input type="checkbox"/> Less painful joints | |
| <input type="checkbox"/> Fewer colds and flus | <input type="checkbox"/> Improved blood pressure | |

PHYSICAL (OUTSIDE)

- | | | |
|---|---|---|
| <input type="checkbox"/> Glowing skin | <input type="checkbox"/> Stronger, thicker hair | <input type="checkbox"/> Less bloating |
| <input type="checkbox"/> Clearer skin | <input type="checkbox"/> Brighter eyes | <input type="checkbox"/> More defined muscle tone |
| <input type="checkbox"/> Improvement in eczema or redness | <input type="checkbox"/> Fresher breath | <input type="checkbox"/> Clothes fit more comfortably |
| <input type="checkbox"/> Longer, stronger nails | <input type="checkbox"/> Whiter teeth | <input type="checkbox"/> Wedding ring fits better |

MOOD & EMOTION

- | | | |
|--|---|--|
| <input type="checkbox"/> Happier | <input type="checkbox"/> Fewer mood swings | <input type="checkbox"/> Improved self-esteem |
| <input type="checkbox"/> Less anxious | <input type="checkbox"/> Improved emotional regulation | <input type="checkbox"/> Improved self-confidence |
| <input type="checkbox"/> Less stressed | <input type="checkbox"/> Empowered in your food choices | <input type="checkbox"/> Improved self-efficacy |
| <input type="checkbox"/> Handles stress better | <input type="checkbox"/> Improved mental health | <input type="checkbox"/> Fewer symptoms of anxiety and/or depression |
| <input type="checkbox"/> New tools for managing stress | <input type="checkbox"/> Improved body image | |

FOOD & BEHAVIORS

- | | | |
|---|--|--|
| <input type="checkbox"/> Healthier relationship with food | <input type="checkbox"/> New strategies to comfort yourself | <input type="checkbox"/> New strategies to navigate cravings |
| <input type="checkbox"/> Eats more vegetables | <input type="checkbox"/> New ways to show yourself love | <input type="checkbox"/> Less guilt or shame around food |
| <input type="checkbox"/> Eats more protein | <input type="checkbox"/> No longer uses food as punishment | <input type="checkbox"/> Less negative self-talk |
| <input type="checkbox"/> Cooks more/enjoys cooking more | <input type="checkbox"/> No longer ignores hunger | <input type="checkbox"/> Aware of diet culture influences |
| <input type="checkbox"/> More confident in the kitchen | <input type="checkbox"/> Can identify cravings versus hunger | |
| <input type="checkbox"/> More at ease around food | <input type="checkbox"/> Fewer sugar or food cravings | |

WHOLE30 Non-Scale Victory (NSV) Checklist

BRAIN FUNCTION, SLEEP, ENERGY

- Improved attention span
- Improved performance at job/school
- Improved memory
- Less brain fog
- Fewer ADHD symptoms
- More productive
- Less anxious
- Sleeping more
- Falling asleep more easily
- Sleeping more soundly
- No longer need a sleep aid
- Less “snoozing”
- Wakes feeling refreshed
- Less snoring
- Less night sweats
- More consistent sleep cycles
- Improved sleep metrics per your wearable
- Fewer night cramps
- Higher energy levels
- More consistent energy
- More energy in the morning
- No more mid-day energy slump
- More energy to play with your kids
- More energy to exercise
- More energy to socialize
- More energy at work or school
- No longer “hangry” between meals
- Feels energetic between meals
- Drinks/needs less caffeine

SPORT, EXERCISE & PLAY

- Started moving or exercising
- More consistent with exercise
- Improved fitness levels
- More athletic
- Improved strength
- Improved mobility
- Improved flexibility
- Faster reaction time
- Hit a new “personal best”
- Recovers more effectively
- Trying new activities
- Walking more
- Taking more steps
- More “green” recovery days per your wearable
- Playing more with kids or dog
- Spending more time outside
- Improved coordination
- Better balance

LIFESTYLE & SOCIAL

- Created new food habits
- More knowledgeable about nutrition
- Reads food labels
- Made new recipes
- Established meal prep habits
- Feel supported by family and friends
- Made new health-conscious friends
- Joined a new community
- Works effectively within your food budget
- Created other health goals
- Feel closer in your relationships
- Feel more connected to yourself
- People notice you seem different
- People come to you for Whole30 advice
- More confidence socializing
- More confidence holding boundaries
- More confidence advocating for your needs
- Added (or gaining interest in) new lifestyle habits



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.*

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.



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.

