

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