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# WHOLE30

JANUARY 2021 EDITION

PROGRAM RULES  
& OVERVIEW

MY TOP 5 TIPS  
& TRICKS

WEEKLY MEAL  
PLANNING  
PRINTABLES

PLUS MORE!



KAYLA'S KITCH AND FIX





# LET'S DIVE IN

*Please note that this ebook is by no way affiliated with the Whole30 brand, but instead just some knowledge I have gathered, discovered and found helpful through the rounds of W30 I have personally done. There is a world of helpful and official information that can be found on the Whole30 website.*

**H**i there! Welcome to your go to resource for completing the Whole30 as told by me, Kayla from Kayla's Kitch and Fix. If we haven't had the pleasure of meeting just yet, here is a little background on me as well as what has grown my love for W30.

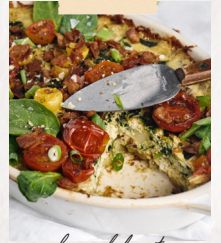
To begin, I am not a nutritionist or doctor. I'm just a girl that has navigated her own health struggles, allergies and dietary restrictions for close to 10 years now. With the intention to help people that care about food and how such food can make your body work its best, I started Kayla's Kitch and Fix and have been loving connecting with health and wellness journeyers across the board. I have been malnourished from battling eating disorders, confused about why I didn't feel great even

when my diet consisted of strictly "healthy foods," and discovered my allergies/intolerances through elimination diets and holistic medicine approaches.

I found out that I had celiac disease, among other allergies, over 8 years ago. Since then, I have put in the effort to discover what my body reacts well to and what makes me feel less than. While I have tried elimination diets in my journey, it wasn't until last year that I first tried Whole30, and let me tell you, it truly changed a handful of things for me. It took me out of my comfort zone, pushed me to create new recipes and learn new cooking techniques, gave me confidence, and improved my day-to-day living. But enough about me, let's jump into what the Whole30 is.

## GO-TO MEALS

*Everything below can be found on my blog, [kaylaskitchandfix.com](http://kaylaskitchandfix.com)*



*breakfast*

QUICHE WITH POTATO CRUST



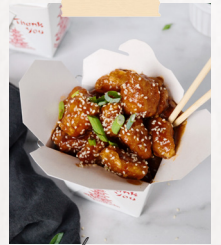
*lunch*

CLASSIC CHICKEN SALAD WRAPS



*snack*

BRUSSELS SPROUT CHIPS & SPECIAL SAUCE



*dinner*

GENERAL TSO'S CHICKEN



# THE RULES



Over the course of 30 days, you will completely eliminate the most common problematic foods in terms of your immune system, cravings, digestion and metabolism. Throughout the month, you will not only be learning to live without the non-compliant foods, but you will also pay attention to your energy levels, mood/mood swings, digestion, focus, pain/fatigue, sleep, energy levels and how you feel overall.

Melissa Urban, the co-founder of Whole30, shares helpful emails answering FAQs, informative posts to the Whole30 website and discusses the program on her podcast, *Do The Thing*. While these are all amazing resources during a round, she also highly recommends reading *The Whole30* and *Food Freedom Forever*.

# CUT IT OUT

*Use this as your rule of thumb to know which foods are completely off limits and which foods have exceptions that will fit into your Whole30. If you are ever questioning something, you can always look on Google, the forums on the Whole30 website, or when in doubt, leave it out.*

## AVOID —

- **Added sugar, real or artificial**

*Maple syrup, honey, agave nectar, coconut sugar, date syrup, monk fruit extract, stevia, Splenda, Equal, Nutrasweet and xylitol.*

- **Alcohol, in cooking or in any form**

- **Grains**

*Wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains, and all gluten-free pseudo-cereals like quinoa, amaranth, buckwheat, bran and germ starch.*

- **Most forms of legumes**

*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).*

- **Dairy**

*Cow, goat, or sheep's milk products like milk, cream, cheese, kefir, yogurt, sour cream, ice cream, or frozen yogurt.*

- **Carrageenan, MSG, or sulfites**

- **Baked goods, junk foods, or treats with “approved” ingredients**

*Pancakes, crepes, waffles, bread, tortillas, biscuits, muffins, cupcakes, cookies, brownies, alternative flour pizza crust or pastas, granola, cereal, or ice cream.*

## EXCEPTIONS —

- **Ghee or clarified butter**

- **Fruit juice**

*Can be used as a stand-alone ingredient or natural sweetener.*

- **Certain legumes**

*Green beans and most peas (sugar snap peas, snow peas, green peas, yellow peas, and split peas).*

- **Vinegar and botanical extracts**

*Most vinegar (white, red wine, balsamic, apple cider, and rice), alcohol-based botanical extracts (vanilla, lemon, or lavender).*

- **Coconut aminos**

- **Salt**



# TOP 5 TIPS



**01** Buddy system. When I did my first W30, my mom did it with me and we shared so many recipe ideas and motivational tips as well as checked in with how the other was feeling. It was so fun to do it together and held us accountable! If you don't have someone doing it with you, I would recommend following the Whole30 Instagram account and connecting with those doing a round on there or consider hiring a W30 coach to walk you through it all.

**02** Check the ingredients in not only labels while shopping, but also recipes online. I can't tell you how many times I have been on Pinterest for recipe inspiration

and saw something labeled Whole30 that used ingredients that are against the rules! Reading labels and thinking about ingredients is crucial to being successful. If you ever have a question on an ingredient, the Whole30 website has all the answers you need!

**03** Prep, prep, prep. I cannot stress enough how important it is to have your compliant meals and snacks ready. If they aren't easily accessible, you may find yourself reaching for something packaged that will break your streak and you will have to start over from the beginning! Trust me, I don't always want to cook, but it is so important to set aside time to do so.

**04** Find your WHY. This time should not be treated as a punishment to your body, but dedication to your body in finding what makes you feel best. This is not a weight loss program, but instead a way of eating that when done correctly can completely change your mindset and relationship with food.

**05** Your mind is going to tell you that this is hard. This is NOT the hardest thing you will ever do by any means. Remind yourself that you are doing this to better yourself in one way or another and that you are fully capable.

## THINGS TO NOTE

*A few things to keep in mind regarding the Whole30:*

One of the misconceptions I've seen with those that complete a Whole30 round is that on day 31 you can just go back to eating as you did before taking on the challenge. This misses the reintroduction stage, which is so important in understanding which of the foods that you've eliminated work for you and which don't! You can find more information about the reintroduction on page 9.

Another misconception that I've seen is that Whole30 is about weight loss. Will you lose weight on W30? Most likely, as you are eating whole, real foods and avoiding anything processed/inflammatory, but it is not the overall point. The true goal on Whole30 is to feel your absolute best and discover what foods may be preventing you from achieving that.

While there are plenty of trends when it comes to "diet culture" and wellness, Whole30 is different because of the fact that it is an elimination diet at heart. Such diets have been around for years and years, and are still used today in discovering our bodies' intolerances and allergies. Committing to the 30 straight days with no cheats or slips is a great way to learn about what truly nourishes you specifically.

# JANUARY 2021



SUN	MON	TUE	WED	THUR	FRI	SAT
27	28	29	30	31	01	02 <i>day one!</i>
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 <i>you did it!</i>	01 <i>reintro begins</i>	02	03	04	05	06



# GROCERY LIST

*The below is a list of the groceries that I buy frequently while on a round of Whole30, but it does not include absolutely everything that is compliant. Please visit [whole30.com](http://whole30.com) for the official list.*

## PROTEIN —

- Bacon\*
- Beef
- Chicken
- Deli Meat\*
- Eggs
- Pork
- Sausage\*
- Seafood
- Steak
- Turkey

## VEGGIES —

- Artichoke
- Arugula
- Bell Peppers
- Broccoli/  
Broccolini
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Kale
- Lettuce
- Onions/Shallots
- Peas
- Potatoes
- Spaghetti Squash
- Spinach
- Sprouts
- Squash
- Sweet Potatoes/  
Yams
- Tomatoes
- Water Chestnuts
- Zucchini

## HERBS —

- Basil
- Chives
- Cilantro
- Dill
- Green Onion
- Mint
- Oregano
- Parsley
- Rosemary
- Thyme

## FRUIT —

- Apples
- Apricots
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Limes
- Mango
- Melon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon

## PANTRY —

- Almonds\*
- Almond Butter\*
- Almond Milk\*
- Apple Cider Vinegar
- Avocado Mayo\*
- Avocado Oil
- Balsamic Vinegar\*
- Bone Broth\*
- Cashews\*
- Cassava Flour
- Chicken/Veggie Broth\*
- Clarified Butter/Ghee
- Coconut Aminos
- Coconut Flakes\*
- Coconut Flour
- Coconut Milk\*
- Coconut Oil
- Coffee\*
- Collagen\*
- Extra-Virgin Olive Oil
- Hot Sauce\*
- Ketchup\*
- Macadamia Nuts\*
- Mustard\*
- Olives\*
- Pecans\*
- Pickles\*
- Pine Nuts\*
- Pistachio\*
- Pumpkin Seeds\*
- Red Wine Vinegar
- Relish\*
- Sesame Oil
- Spices/Seasonings\*
- Sunflower Seeds\*
- Tapioca Starch
- Tea
- Walnuts\*

*\*Check ingredients to ensure it is compliant/ there are no additives.*

week: \_\_\_\_\_

# MEAL PLAN

SAT

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

SUN

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

MON

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

TUES

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

WED

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

THURS

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

FRI

B \_\_\_\_\_  
L \_\_\_\_\_  
D \_\_\_\_\_

## GROCERIES

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# OUT & ABOUT

*On Whole30, your life will still go on, as it should! Don't hold yourself back from enjoying it. You can still attend events, birthday parties, gatherings and date nights, just plan ahead using these tips!*

## **Restaurants** –

Do your research! Look at the menu online, call ahead and ask questions, utilize Google to find compliant restaurants, and talk to your server! You can always order a salad with fresh veggies, ask for protein to be cooked with just olive oil (no butter!) and dress with olive oil/lemon. You can also bring along your own dressings/snacks if you're worried about ordering.

## **Gatherings/**

**events** – If you're going to a family party or hanging out with friends, bring foods that you can eat! There are plenty of delicious recipes out there to make dishes Whole30 compliant

that everyone will love. Worried about missing out on drinking? Bring compliant seltzer waters and pour them into a wine glass to try and trick yourself.

## **On the go staples/**

**snacks\*** – Raw nuts, fruit with almond butter and cinnamon, veggies or potato wedges with guacamole, hard boiled eggs, compliant RXBars (blueberry is my favorite!), brussels sprout chips with special sauce, compliant deli meat

*\*When consuming snacks, remember that you cannot recreate sweets and should stay away from foods with "no brakes" aka things you might mindlessly eat. The reason for this is so that you can create habit changes and get the full benefits of the Whole30.*



## REINTRO CATEGORIES

While reintroducing the previously eliminated foods back into your diet, add them in small amounts. Think, sugar in your coffee, a taco with a spoonful of sour cream or a handful of peanuts with your afternoon snack.

Here are a few examples of the foods you may add in with each group:

### Added sugar\*

cane sugar, honey, maple syrup

### Gluten-free alcohol\*

unflavored vodka, tequila, gin, rum, any distilled unflavored spirits, wine or gluten-free beer or cider

### Legumes

hummus, tofu, black beans, lentils or natural peanut butter/dry roasted peanuts

### Non-gluten grains

corn on the cob, homemade popcorn, 100% corn tortillas, gluten free oatmeal, white or brown rice, quinoa

### Dairy

heavy cream/full-fat milk, butter, plain yogurt/kefir, cheese, cottage cheese, cream cheese or whey protein powder

### Gluten-containing grains\*

whole-grain bread products, pasta/couscous/orzo, crackers

### Gluten-containing alcohol\*

beer

*\*Optional*



# NOW WHAT?

*Towards the end of the 30 days, you may start to feel a little panicked and ready to dive in to a stack of pancakes. You have been following strict guidelines on how to eat and now you have to somehow navigate your decisions on your own? That is where the reintroduction phase comes in.*

**T**his stage is crucial to your overall experience with Whole30, and if you skip it, you will deprive yourself of the benefits that could help you to feel better in your days moving forward.

During the next 10 to 30 days, you will reintroduce the foods you've eliminated one by one while keeping the rest of your diet Whole30-compliant to see how they affect you. You'll then go back to eating strictly

Whole30 for two days in between each reintroduction to settle any negative effects. Since you just finished a round, you will be able to easily see any changes in your energy, mood, cravings, sleep, allergies and digestion, to name a few. This information is so important because it is how you will know what foods to take with you into your life from here on out, which is also called the Food Freedom Stage.



# FEBRUARY 2021

The reintroduction phase is extremely important in truly benefiting from the Whole30 experience. Use the below as a guide or tracking tool to map out what previously eliminated foods you will reintroduce and when. Be sure to pay attention to how you feel that day after eating that food as well as on the two days that follow.

SUN	MON	TUE	WED	THUR	FRI	SAT
31	01 <i>reintro begins</i>	02	03	04 <i>reintro day</i>	05	06
07 <i>reintro day</i>	08	09	10 <i>reintro day</i>	11	12	13 <i>reintro day</i>
14	15	16 <i>reintro day</i>	17	18	19 <i>reintro day</i>	20
21	22 <i>reintro day</i>	23	24	25 <i>reintro day</i>	26	27
28 <i>reintro day</i>	01	02	03	04	05	06

# GET IT WRITE

Use the below prompts to express your “why,” your goals and all that you’ve learned through the course of the program.

TO BEGIN

RIGHT NOW, BEFORE STARTING WHOLE30, I FEEL...

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GOALS

DURING WHOLE30 I WANT TO IMPROVE...

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I WANT ADD MORE OF THIS TO MY DIET... I WANT TO MAKE/COOK....

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I DID IT!

DURING THIS TIME, I LEARNED...

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I FEEL BEST WHEN I EAT... I DON'T FEEL MY BEST WHEN I EAT...

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SOME NEW RECIPES I WANT TO INCORPORATE INTO MY ROUTINE ARE...

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SOMETHING I DIDN'T REALIZE ABOUT MYSELF IS...

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