

What is Whole 30?

Whole 30 is like pushing the reset button for your health. You eliminate foods that scientific literature has deemed the most problematic in the areas of cravings, metabolism, digestion and immune system function.

96% of people who follow this diet lose weight, report high energy levels, better sleep, improved focus and mental clarity, and a sunnier disposition.

What you can eat:

- meat, seafood, eggs
- healthy, natural fats
- lots of vegetables and fruits, including green beans and sugar snap peas

What you cannot eat:

- added sugar
- alcohol
- grains
- legumes
- dairy, except for clarified butter

