MONT BELVIEU FAMILY WELLNESS

Whole30: Food Planning Guide

A clinic-written shopping companion for people considering the Original Whole30 eating pattern. Choose varied meals and enough food for your needs; this is not a medical prescription.

Start with everyday ingredients

Vegetables: Choose a variety of leafy greens, broccoli, carrots, peppers, mushrooms, squash and other vegetables. Potatoes and sweet potatoes can provide starch and energy.

Protein: Eggs, poultry, fish, shellfish and unseasoned meats offer meal-building options. Check marinades, coatings and prepared meats for ingredients that do not fit your chosen program.

Fruit: Apples, citrus, berries, melon, pears and other whole fruits can add variety. Whole fruit provides fiber that juice lacks.

Fats, nuts and seeds: Olive oil, avocado, almonds, walnuts and seeds can fit many meals. Peanuts are legumes, not tree nuts. Use butter alternatives only after checking the relevant program rules.

Flavor: Herbs, spices, lemon, lime and simple vinegars can make meals enjoyable. Read labels on mixed seasonings and sauces.

Foods the Original program generally sets aside

During its elimination phase, the Original Whole30 approach generally excludes added sweeteners, alcohol, grains, most legumes and most dairy. Program-specific exceptions exist; verify the current official rules rather than using a food category alone to decide.

These exclusions describe a branded eating program, not evidence that every excluded food is unhealthy. This guide does not cover a separate plant-based version.

Drinks and practical shortcuts

Water, unsweetened sparkling water, tea and coffee are simple choices. Check plant-milk and bottled-drink labels for sweeteners and other ingredients. Fruit juice and coconut water still contain sugar, even without added sweeteners.

Frozen produce, canned fish and simple packaged foods can help with busy schedules. Read the actual ingredient list; packaging alone does not determine whether a food fits.

Shop without unnecessary pressure

Organic, grass-fed and wild-caught products are optional choices, not prerequisites for nutritious meals. Work within your budget and food preferences. Check labels again when buying a familiar product because recipes can change.

Protect your nutritional needs

Discuss restrictive eating with your healthcare team, especially during pregnancy or breastfeeding, for children, with a history of an eating disorder or when managing a health condition. Plan for adequate calcium, vitamin D, fiber and energy. This is not a food-allergy test or individualized treatment plan.

About this guide

Independently written by Mont Belvieu Family Wellness. Whole30 is a trademark of its owner. This clinic guide is not an official Whole30 publication or a statement of endorsement. Check whole30.com for current program rules.