

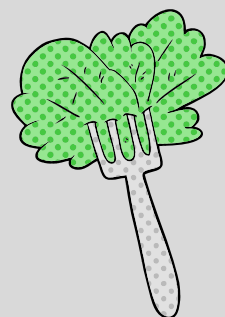
8 TIPS FOR A SUCCESSFUL WHOLE 30

FROM THE LIFE OF A WHOLE 30 HUMAN

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1 GREENS GREENS & MORE GREENS

Ever wonder why your momma always told you to eat your greens? They are good for you, that's why. Sometimes you can get too caught up with proteins and fats, but your veggies are key to success. Load your plate with a variety of veggies, such as asparagus, brussels sprouts, and kale. It will provide a lot of fiber and keep you full longer.



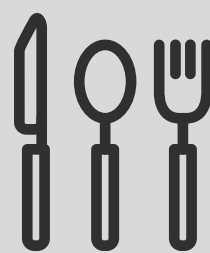
2 W30 RANCH & BACON..LET'S TALK

Although Whole 30 sauces and bacon are compliant and TASTY, they are not meant to pour and sprinkle on every meal. Don't have high expectations if you are indulging in bacon and washing it down with ranch for every meal. Use the meal template and follow recommended serving sizes when it comes to these delicious compliant foods.



3 MEAL PREP- 3 MEALS A DAY

Success will depend on being prepared every week. Set a time aside on Sunday to prep a week's worth of simple breakfasts and lunches. Make sure you are keeping your program simple with 3 meals a day and not partaking in a lot of snacking. Through experience, snacking usually leads to extreme cravings and tiredness. However, if you are doing intense workouts you may need to add a pre/post workout meal.



4 LARABARS/RX BARS..NOT SO FAST

I think we all can agree that Larabars and RX bars are tasty and delicious. Let's be honest though, if you are reaching for one of these tasty bars for breakfast every morning, you won't be changing your old unhealthy habits. From previous experience, anytime I would give in a crack one open, it would awaken my "sugar dragon." Use these bars in emergency situations only.



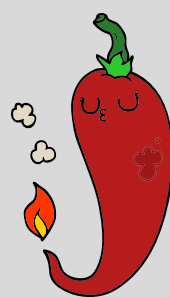
5 DRINK LOTS OF WATER & SOME TEA

This first couple of weeks on Whole 30 can leave you feeling tired. To remedy this, drink lots and lots of water, at least 64 oz a day. Also, try sipping on dandelion or matcha tea in the mornings. Be sure to read your labels and make sure all ingredients are compliant.



6 SPICE IT UP

You know that conversation we just had about pouring ranch on everything? Good news, Franks Hot Sauce is golden and you CAN pour it on any and everything. Not only hot sauce, but try sprinkling cayenne pepper and chili powder on your veggies, salads, and meats. Spicing it up can make boring meals more enjoyable.



7 READ YOUR LABELS

Make sure to read ALL labels. Companies are really good at sneaking non-compliant additives and other ingredients such as soy, gluten, and sugar in foods. Canned tuna, frozen veggies, and chicken broth can all have hidden ingredients that may be off-limits on the program. Print off the "label reading cheat sheet" from the Whole30 website and take with you on your grocery trips.



8 DON'T CHEAT....IM SERIOUS!

Last but not least, don't cheat, seriously. You will not only cheat yourself, but you will unravel all the healing that is happening in your body. If you cheat, it is best to start the program back on day 1. Have you ever heard of tiger blood? Its real, I promise. It's a magical feeling and energy you get when you follow the program 100%. Your physical, mental and overall health will drastically improve and your energy level will be that of a tiger and or unicorn. Are you ready to change your life yet?

