



Whole30

DALLAS DUO

RIGHTFULLY REINTRODUCE

Reintroduction is required; it's the sole purpose of this program. The following layout highlights a fast-track and it's associated food recommendations. Note your experience in the provided space

DAY 1: LEGUMES

At breakfast, create a huevos rancheros style dish by adding black beans to your egg, spinach and avocado scramble.

Dip **celery or carrots in jalapeno hummus** as a snack. Or, try a **delivly egg** with sugar snap peas.

Add soy sauce to your sashimi or cauliflower rice based Pok bowl. Order a side of edamame!

Or, heat up some **veggie chili** for dinner



DAY 4: NON-GLUTEN GRAINS

Start the day with an **ABJ oatmeal bowl** (avoid maple for excessive added sugar), add a packet of collagen. Or, toast a slice of brown rice bread spread with avocado and smoked salmon.

Consume a salad with quinoa at lunch.

Dinner; Make a ground turkey spaghetti with rice pasta or try **the grass-fed beef lasagna**.



DAY 7: DAIRY

Start the day with a **provençal flatbread**, **cheesy egg cups**, or incorporate cheese into your egg scramble.

For lunch, utilize a dollop of sour cream in your taco salad.

Dinner? Try a **buffalo style chicken bowl** with blue cheese.



DAY 10: GLUTINOUS GRAINS

Breakfast : Toast a slice of whole wheat bread as a side for your chicken sausage, kale & avocado scramble.

Lunch: Eat whole wheat crackers with your smoked salmon salad.

Dinner: Grilled chicken, sun-dried tomato & sauteed spinach over whole wheat pasta.



Avoid added sugars and consuming non-compliant ingredients together to ensure proper reintroduction & assessment of symptoms. More details <https://whole30.com/step-two-finished/>

QUESTIONS?

FIND ANDREA@LOUBIESANDLULU.COM & WHITNEY@WHITNESSNUTRITION.COM

REINTRODUCTION



RECAP

 FOODS YOU WILL CONTINUE TO AVOID.
THEY'RE JUST NOT WORTH IT.

 FOODS YOU CAN TOLERATE AT TIMES, YOU
WILL CONSUME ON SPECIAL OCCASIONS.

 FOODS YOU MISSED THAT MAKE YOU FEEL JUST
DANDY!

 FOODS YOU NOW LOVE THAT YOU NEVER
CONSUMED PRIOR

.....
REFER BACK TO THIS ANYTIME. KNOW YOUR FOOD FREEDOM AND ROCK
YOUR LIFE AFTER WHOLE30!