



## MY GOAL

# WHOLE THIRTY

30 day diet eating only whole foods  
eliminating sugar, dairy and grains.

## NOTES:

**RESOURCES:** Whole Thirty [book](#), [cheat sheet](#), [sample meal plan & recipes](#), and full [website](#).

**SUGGESTED GOAL PAIRINGS:** Drink Water - Food Log - Home Workouts

**PROGRESS:** For every day you follow the Whole Thirty program, color in the box. Thirty days and you will see changes if you truly follow the program. You've got this! All the resources are here for you.

## FOODS TO AVOID:

Dairy  
Grains  
Beans  
Alcohol  
Processed Foods  
Added Sugar  
Sweeteners

WHOLE THIRTY						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					