



# September Whole 30

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## Resources

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There are lots of recipes on our membership site that are perfect for your Whole 30. They taste great and will not leave you feeling like you're on an elimination diet.

go to [www.autoimmunefreecookingclub.com](http://www.autoimmunefreecookingclub.com)  
select the Recipes drop down menu  
choose "all recipes"  
choose "whole30"

see almost 100 recipes that are either whole30 approved or can be made that way with simple substitutions (explained in the recipe)



### Tips for your Whole30:

Plan ahead, plan ahead, plan ahead

Don't eat "all the forbidden things" right now before you start

Choose recipes you are excited to try/eat:

- at least 15 dinners
- at least 10 lunches
- at least 10 breakfasts

Make a grocery list from those recipes and buy all the non-perishables you can ahead of time

Make sauces, dressings, seasoning blends - these will keep your meals interesting and indulgent feeling

Go to Our Paleo Family on YouTube and search "Whole 30" to see lots of meal ideas and get prep tips



