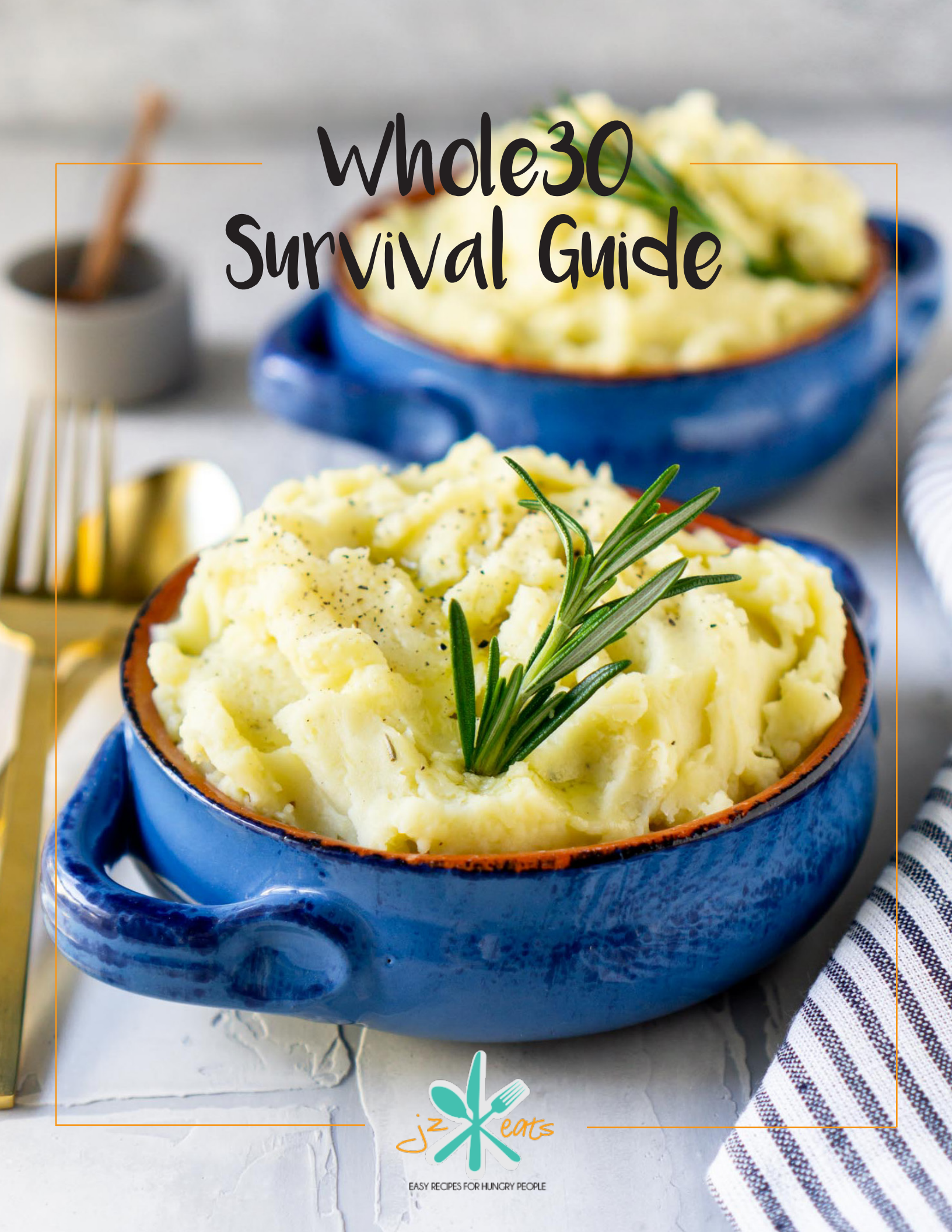
Whole30 Survival Guide



jz eats

EASY RECIPES FOR HUNGRY PEOPLE



Making a lifestyle change, starting a diet, and eliminating many of your favorite foods is 1000% intimidating. But I have made it through to the other side (twice) to tell you that it is all 1000% worth it.

I finished Whole30 with a better understanding of how certain foods were affecting my body. I've never actually done any type of "diet" before and have never eliminated any foods before, so this experience was life-changing for me. I saw *real* results.

The first time I did Whole30, I was dependent on a sleep medication and was able to completely stop taking it without any side effects because just by eating healthier I was able to sleep so much better. I haven't taken that medication since.

In addition, I have always been extremely bloated, particularly around my belly. I never even knew it was bloat until doing Whole30 and watching it disappear completely.

The "after lunch slump" was nonexistent after a few weeks of committing to Whole30 and I was no longer tired randomly throughout the day. I noticed that eating certain foods, like chocolate, would give me a quick burst of energy and then send me right into a tired slump.

All in all, I'm a big fan of the Whole30 diet. I don't really look at it as a diet, but more of a lifestyle change and a strong attempt to break bad habits, while getting used to making healthier choices.

Before getting started on this guide, I polled my audience on Instagram to see what types of recipes they'd like to see. There was an overwhelming amount of requests for breakfast recipes, so I've got 3 of my favorite Whole30 breakfast recipes for you, and a total of 10 Whole30 recipes that are so good, you would never even know they're Whole30!

Jordan

I am sharing my results with you and tips that helped me along the way. I am not a nutritionist or certified health coach, but am simply sharing my opinions and what worked for me. Please understand that everyone is different and will experience different results.

Don't forget to tag me on Instagram when you make any of my recipes so I can see! @JZeats #JZeats

jz eats
EASY RECIPES FOR HUNGRY PEOPLE

TIPS FOR SURVIVING WHOLE30

If this is your first Whole30, these tips are going to be the most helpful! These are the most important things I learned along the way and exactly what helped me survive those 30 days.

1. **Declare your "why".** This is what you will come back to every time you are ready to give up on Whole30.
2. **Choose your 30 days wisely.** Let's be honest, there's never a "great" time to eliminate all your favorite foods from your diet, but some months are better than others. Most people tend to go with September or January.
3. **The week before you start Whole30**, take a trip to the grocery store or sign up for a meal prep program, I really like this one, and you can get a nice discount off your first order with 'JZEATS'. This way, you won't feel like you're going to die of starvation during the first 7 days while you're getting used to everything you can and can't eat.
4. **Always eat breakfast.** I'm not really a breakfast person, so I struggled with this one. I start to crave non-compliant foods when I'm hungry so making sure that my tummy was always satisfied helped me stay on track.
5. **Drink carbonated water to fight cravings** - I love Spindrift's flavored water.
6. **Keep dried mangoes, dates, or other dried fruit on hand** to satisfy cravings for sweets. You can also use dates when making sauces or dressings as a sweetener.
7. **While potato chips are not technically allowed on the Whole30 diet** (they're considered SWYPO), if I'm really trying to fight off a craving, I'll eat a few Kettle Himalayan Salt Chips.
8. **Always have a snack with you wherever you go.** There were so many random times when I got hungry during my first Whole30 and having a snack on hand always helped me get through the day.
9. **Make sure the food you're eating is food you actually like.** You shouldn't have to force anything down. Finding a few compliant recipes that you genuinely LOVE will help keep you on pace for success.
10. **Don't expect to see results immediately.** As with any diet or lifestyle change, things take time. Also don't be surprised if you see more bloat after your first week of Whole30. I didn't see real results until the end of week two/into week three, but everyone is different!

My Favorite Whole30 Compliant Products at Trader Joe's, Target, and Walmart

Trader Joe's:
- Green Goddess Salad Dressing
- Cauliflower Gnocchi
- Chili Lime Chicken Burgers
- Avocado's Number Guacamole
- Vegan Kale Cashew & Basil Pesto
- Everything But The Bagel Seasoned Smoked Salmon

Target:
- Califia Better Half Coconut Cream & Almond Milk Coffee Creamer
- Applegate Oven Roasted Turkey Breast
- Nut Pods Coffee Creamer
- Wholly Guacamole
- Primal Kitchen sauces, marinades, and dressings
- Sir Kensington's Avocado Oil Mayonnaise
- RX nut butters
- Pacific Foods Bone broth
- Coconut Aminos

Walmart:
- Mezzetta Marinara Sauce
- Frozen fruit (double check ingredients, but usually compliant)
- Tutto Rosso Diced Tomatoes
- Almond Flour
- Mac's Pork Skins (pork rinds)

Whole30 Snacks That Get Me Through The Day

That's It Fruit Bars
Fresh Fruit
Rx Bars
Almond butter on a banana
Dried / dehydrated fruit

Helpful Whole30 Resources

Get a list of Whole30 approved brands here.
Whole30 101 and even more information here.
Read all of the program rules here.

jz eats
EASY RECIPES FOR HUNGRY PEOPLE

Whole30 Date Night Ideas

Date nights can be tough when you're doing Whole30, and you don't need to confine yourself to the four walls of your house! There are so many activities you can do that don't involve food or alcohol. Here are 10 activities perfect for date night that you can do pretty much any time of year:

1. Hike / bike ride
2. Arcade
3. Indoor rock climbing
4. Indoor trampoline park
5. Go kart racing
6. Bowling
7. Museum (I love Ripley's Believe It Or Not!)
8. Zoo
9. Axe throwing (or other fun activities like this in your area)
10. Picnic in the park

When I'm looking for something fun to do that doesn't involve food or alcohol, I'll search for "kid friendly activities" in my area. You'd be surprised at the amount of things that come up that are actually fun for adults!

How I Whole30

Reading all the ingredient labels or spending extra money on new Whole30 compliant ingredients like tomato sauce (when I already have 3 jars in the pantry) stresses me out and does more harm than good, so I alter the diet to fit my needs. If there is a little sugar in my balsamic or tomato sauce, I'm ok with it. I find that I still benefit from the healthier choices I am making and cutting out large amounts of dairy, sugar, etc from my diet still allows me to see huge benefits. I like to think about Whole30 as a lifestyle change rather than a one and done 30 day diet. It helps me break bad habits and get back into the better habits I know I am capable of achieving.

My advice to you: do what works for you and your body. There are lots of rules for doing Whole30, I suggest listening to your body and doing what feels best to you!

Okay, ready to get started? Let's do this!



Brussels Sprouts Breakfast Hash

Why I love it: This is such an easy breakfast to whip up during the week. The brussels sprouts can be prepped ahead of time and divided between individual containers and a fried egg is ready in 2-3 minutes!

Servings: 2

Ingredients:

- 12 ounces brussels sprouts, thinly sliced
- 1 shallot
- 3 large cloves of garlic, minced
- 2 large eggs
- 1 tbsp balsamic vinegar
- Salt and pepper
- Olive oil or Ghee

Instructions:

1. Prepare the ingredients: slice the brussels sprouts in half, then lay the cut side down on the cutting board and slice them thinly lengthwise to create ribbons. Dice the shallot and mince the garlic.
2. Heat a large, non-stick skillet with 1 tbsp of olive oil or ghee on medium-high heat. Add the shallots and garlic to the pan and cook for 1-2 minutes until fragrant and shallot begins to soften. Then mix in the shaved brussels sprouts and cook for 2-3 minutes until tender. Add the balsamic vinegar and cook for one more minute until the vinegar evaporates.
3. Divide the brussels sprouts mixture between plates and return the pan to the stove. Reduce the heat to medium and add ½ tbsp of olive oil or ghee to the pan, then crack 2 eggs. Cover and cook for 2-3 minutes until the white part of the egg is no longer translucent. Top each plate of brussels sprouts with an egg and season with salt and pepper.

Note:

- Add a kick with a drizzle of Sriracha!



Guacamole Shrimp Bites

Why I love it: These shrimp bites might be small but they are filling. They make great party appetizers and game day snacks too!

Servings: 18-20

Ingredients:

- 1 lb shrimp (medium sized shrimp will work best for these)
- 2 sweet potatoes, thinly sliced - about ¼ of an inch
- 2 avocados
- 2 tbsps diced red onion
- 1/4 tsp garlic powder
- 1 tablespoon olive oil, more for cooking
- 1 lime, juice
- 2 tablespoons fresh cilantro, for garnish

Blackened Seasoning Ingredients:

- 1 teaspoon lemon pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- 1 tablespoon cayenne pepper (use less for a mild flavor)
- 2 tablespoons paprika
- 1 tablespoon garlic salt
- 1 tablespoon onion powder

Instructions:

1. Preheat the oven to 425 F and prepare the ingredients: peel and devein the shrimp, dice the red onion, and thinly slice the sweet potatoes into rounds. Combine all of the blackened seasoning ingredients in a small bowl.
2. Spray a baking sheet with olive oil cooking spray and lay each sweet potato round flat on the baking sheet. Lightly spray with olive oil and season with salt and pepper. Bake for 12 minutes, then broil for 1-2 minutes or until the edges become crispy. Keep a close eye on them under the broiler!
3. While the sweet potatoes are baking, prepare and cook the shrimp. Toss the shrimp with 1 tbsp of olive oil. Next, add the blackened seasoning and toss until shrimp are completely coated with the seasoning.
4. Heat a non-stick pan on medium-high heat with 1 tbsp of olive oil. Add the shrimp (careful not to overlap) and cook for 2-3 minutes on each side or until the shrimp are opaque.
5. While the shrimp are cooking, mash the avocado in a medium-sized bowl. Mix in the garlic powder, red onion, and juice from half a lime.
6. To assemble: top the sweet potato rounds with a small spoonful of guacamole, top each sweet potato with with one shrimp, and garnish with fresh chopped cilantro and lime juice.

jz eats
EASY RECIPES FOR HUNGRY PEOPLE



Creamy Mushroom Sauce

Why I love it: I am obsessed with this Creamy Mushroom Sauce. It's the type of recipe that will make heads turn when you say it's dairy free. You seriously would never know!

Servings: 6

Ingredients:

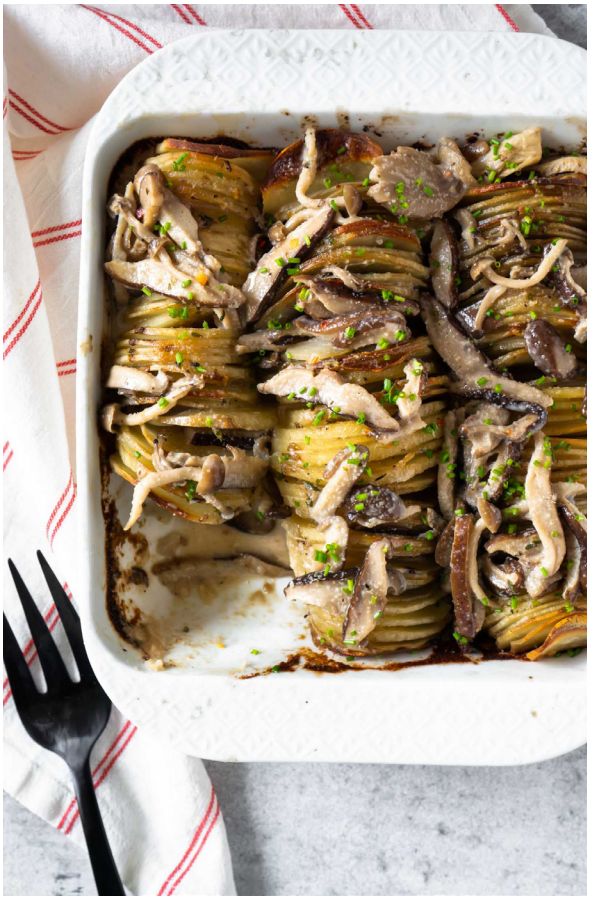
- 16 ounces mushrooms, I used a mushroom blend but shiitake mushrooms are great too
- 6 cloves of garlic, minced
- 1/4 cup vegetable broth
- 2 cans of coconut cream
- 1 small yellow onion
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes
- 1 tbsp fresh chopped parsley
- 1 tbsp olive oil

Instructions:

1. Heat a non-stick skillet with 1 tbsp of olive oil on medium-high heat. Add the mushrooms, onion, and garlic and sauté for 2-3 minutes or until mushrooms have begun to brown. Then add the vegetable broth and cook for 1 more minute. The mushrooms should begin to absorb the broth.
2. Add the coconut cream (shake it first!), red pepper flakes, garlic powder, onion powder, and parsley, increase the heat to medium-high, stirring constantly for 3-4 minutes until bubbly but not at a rolling boil. Taste and add salt and pepper to your liking.

Note:

- I love adding bacon to this one!



Creamy Mushroom Hasselback Potato Gratin

Why I love it: This Hasselback Potato Gratin is made with the Creamy Mushroom Sauce in the previous recipe and is perfect for family dinners or serving at holiday get-togethers.

Servings: 6

Ingredients:

- 4 large russet potatoes (yukon gold will work too, go for the smaller ones)
- 16 ounces mushrooms, I used a mushroom blend but shiitake mushrooms are great too
- 6 cloves of garlic, minced
- 1/4 cup vegetable broth
- 2 cans of coconut cream
- 1 small yellow onion
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes
- 1 tbsp fresh chopped chives
- 1 tbsp fresh chopped parsley
- Olive oil

Instructions:

1. Preheat the oven to 400 F.
2. Peel and thinly slice the potatoes with a sharp knife or a mandoline. Brush the potatoes with olive oil and sprinkle with salt and pepper. Add 2 tbsps of olive oil to the bottom of an 8x8 baking dish. Add the sliced potatoes to the baking dish, standing upright. Lightly spray the tops of the potatoes with olive oil.
3. Cover the baking dish with tin foil and bake at 400 F for 40 minutes. Remove the foil, lightly spray with olive oil if the potatoes look dry and bake for 30 minutes uncovered until the potatoes start to crisp around the edges.
4. While the potatoes are baking, heat a non-stick skillet with 1 tbsp of olive oil on medium-high heat. Add the mushrooms, onions, and garlic and sauté for 2-3 minutes or until mushrooms have begun to brown. Then add the vegetable broth and cook for 1 more minute. The mushrooms should begin to absorb the broth. Next add the coconut cream (shake it first!), red pepper flakes, garlic powder, onion powder, and parsley, increase the heat to medium-high, stirring constantly for 3-4 minutes until bubbly but not at a rolling boil. Taste and add salt and pepper to your liking. Set the sauce aside, covered to keep it warm.
5. When the potatoes are finished, remove them from the oven and pour the mushroom cream sauce over them. Garnish the potatoes with fresh chopped chives and serve immediately.

Note:

- I like to reserve half the sauce to have on the table for anyone who wants more. (Everyone will want more, trust me!)

jz eats
EASY RECIPES FOR HUNGRY PEOPLE



Beetroot Chia Pudding

Why I love it: These individual chia puddings are fantastic for meal prepping and easy to make. They take about 5 minutes to prepare and set overnight while you're sleeping. They're packed with nutrients from the chia seeds, beetroot powder, and fruit!

Servings: 1

Ingredients:

- 2 tbsp chia seeds
- 1 cup almond milk
- 1/2 tbsp beetroot powder
- 1 tbsp pomegranate seeds
- 1 kiwi, cubed
- 1 tbsp coconut flakes
- 1 tbsp vanilla extract

Instructions:

1. Mix the beetroot powder, chia seeds, vanilla extract, and almond milk in an airtight 12 ounce jar until fully combined (mason jars and weck jars are great for this).
2. Place the lid on the jar and allow them to set overnight. Then top each chia pudding with pomegranate seeds, kiwi, and coconut flakes.

Note:

- Feel free to switch up the fruit and use whatever you love!

jz eats
EASY RECIPES FOR HUNGRY PEOPLE



Slow Cooker Buffalo Chicken Dip Stuffed Peppers

Why I love it: I love buffalo chicken dip, it's one of the things I miss most during Whole30. I can confidently say that this recipe tastes almost exactly like the classic buffalo chicken dip recipe we all know and love! Stuffing it inside peppers makes it totally acceptable to enjoy for lunch or dinner, but feel free to go at it with some raw vegetables and enjoy it as a dip.

Servings: 4

Ingredients:

- 4 large peppers, tops and seeds removed
- 2 boneless, skinless chicken breasts
- 1 small yellow onion, diced
- 1/4 cup Whole30 approved mayonnaise (I like Sir Kensington's Avocado Oil Mayonnaise)
- 1/4 cup hot sauce
- 2/3 cup coconut cream
- 2 tbsp lemon juice
- 1/2 tsp white vinegar
- 1 tsp worcestershire sauce
- 1/4 cup chicken bone broth
- 1 1/2 tbsp dill, minced
- 1 tbsp chives, minced

Instructions:

1. Place chicken and chicken bone broth in the slow cooker and cook on high for 2 hours. When the chicken is finished, transfer it to a plate and shred with two forks. Drain the slow cooker and wipe out the bottom with a paper towel.
2. Add the onion, mayonnaise, hot sauce, coconut cream, lemon juice, white vinegar, worcestershire sauce, dill, and chives to the slow cooker and mix until combined. Place the chicken back in the slow cooker and mix until fully combined. Cook on low for 1 hour.
3. Meanwhile, preheat the oven to 400F and cook the peppers for 15 minutes or until they begin to soften and the tops begin to brown. Optional: broil on high for 1-2 minutes to brown the peppers.
4. To assemble, place the buffalo chicken dip inside of the peppers. Optional: top with fresh herbs like dill or parsley.

jz eats
EASY RECIPES FOR HUNGRY PEOPLE



Creamy Mashed Potatoes

Why I love it: Who doesn't love mashed potatoes? These Whole30 compliant mashed potatoes are creamy and flavorful, just like the classic mashed potatoes you know and love!

Servings: 10

Ingredients:

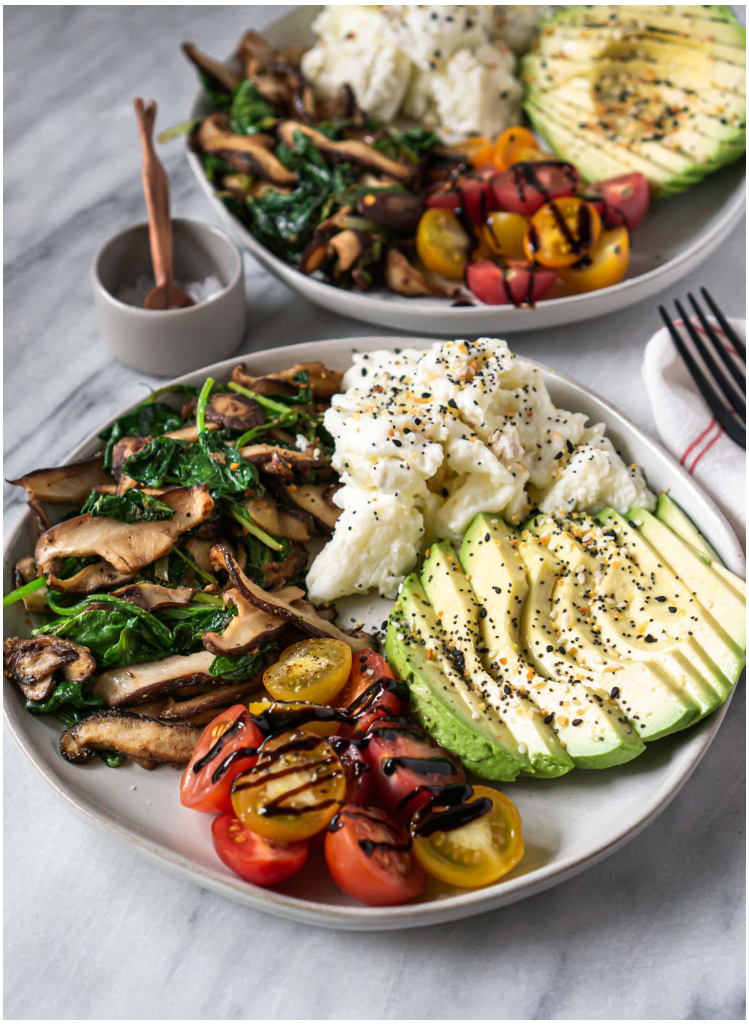
- 8 Yukon gold potatoes (peeled and quartered)
- 2/3 cup Whole30 mayonnaise (I like Sir Kensington's Avocado Oil Mayonnaise)
- 1 1/4 cup coconut cream
- 1 cup cashew milk
- 2.5 tbsp extra virgin olive oil
- 1/2 tbsp dried thyme
- 1/2 tbsp dried rosemary
- Salt & pepper to taste

Instructions:

1. Fill a large pot halfway with water and bring to a boil. Add potatoes, and cook for about 20 minutes or until they are tender enough to poke with a fork.
2. Reduce the heat to low/simmer. Drain the water from the potatoes and return the pot to the stove. Add the cashew milk, coconut cream, mayonnaise, olive oil, thyme, rosemary, salt, and pepper. Using a hand mixer, mix on low speed to combine ingredients. Finish by mixing on medium speed for 1 minute.
3. Transfer the potatoes to a large serving bowl. Optional - garnish with fresh rosemary

Note:

- If using a stand mixer, transfer the potatoes back to the pot on the stove and simmer to keep warm.
- Amp up the flavor by serving them with the Creamy Mushroom Sauce.



Egg & Avocado Breakfast

Why I love it: This classic breakfast is so satisfying, healthy, and filling! Sometimes I like to add some baked sweet potato rounds too.

Servings: 1

Ingredients:
- 5 egg whites
- 1/2 avocado
- 5 cherry tomatoes
- 1/2 cup shiitake mushrooms
- 1 cup spinach
- 1/4 teaspoon garlic powder
- Salt and pepper
- Olive oil

Instructions:
1. Thinly slice the avocado and slice the cherry tomatoes in half. Season both avocado with salt and pepper. Set aside on a plate.
2. Separate the yolk from the white part of the egg into a mixing bowl and whisk until the egg becomes fluffy and bubbly. Set aside.
3. Heat a medium sized non-stick pan on medium-high heat with 1 tbsp of olive oil. Sauté the mushrooms for 3-4 minutes, then add the spinach and cook an additional 1-2 minutes or until it begins to wilt. Transfer the mixture to the plate with the avocado and tomatoes.
4. Reduce the heat to medium-low and add the egg whites to the pan, stirring occasionally with a spatula to make the scrambled eggs. Transfer them to the plate and season with salt and pepper.

Seasonings I love to add to this recipe:
- I am all about my Trader Joe's seasonings in this recipe! I add the 21 Seasoning Salute and Umami Seasoning to the mushrooms/spinach and I top the egg whites and avocado with the Everything Bagel Seasoning. I also like to drizzle a little balsamic vinegar on the tomatoes for extra flavor.



Mushroom Bolognese

Why I love it: This Mushroom Bolognese is the holy grail of Whole30 meal prep recipes. It's literally the recipe that got me through my first Whole30! It's been on my blog for 2 years but this Whole30 Survival Guide wouldn't be complete without it.

Servings: 8

Ingredients:

- 8 large portobello mushrooms, cleaned and diced
- 28 ounces diced red tomatoes
- 6 ounces tomato paste
- 1 red pepper, diced
- 1 small yellow onion, diced
- 1 shallot, diced
- 5 cloves of garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder
- 1/2 tablespoon dried basil
- 1/2 cup fresh chopped basil
- 3 bay leaves
- 1/2 tablespoon red pepper flakes
- Salt and pepper to taste
- 1 tablespoon of olive oil

Instructions:

1. Prepare the onion, shallot, mushrooms, pepper, and garlic as noted above.
2. Heat a large heavy bottomed pot over medium heat with olive oil. Add the onions, garlic, shallots, and dried basil and sauté for 2-3 minutes until the onions begin to turn translucent. I usually prepare the mushrooms while these cook.
3. Next add the mushrooms, oregano, garlic powder, red pepper flakes, salt and pepper, and cook for 8-9 minutes or until the mushrooms have begun to cook down. Then add the tomato paste, diced tomatoes, fresh basil, red pepper, and bay leaves. Simmer for 15 minutes, taste and season with more herbs, salt, and pepper if needed.
4. Remove the bay leaves, garnish with fresh chopped basil, and serve.

Note:

- I like to serve mushroom bolognese over zucchini noodles or cauliflower gnocchi from Trader Joe's.



Avocado Cilantro Crack Sauce

Why I love it: While it may seem like a lot of ingredients, most of these are pantry staples. I always have these ingredients on hand so it's pretty easy to whip this sauce up quickly! Use it on blackened shrimp, salmon, as a salad dressing, or as a dip for raw veggies.

Servings: 5

Ingredients:

- 1 cup packed cilantro
- 1 cup packed parsley
- 1 avocado
- 1/4 cup Whole30 mayonnaise (I like Sir Kensington's)
- 1 tbsp minced red onion
- 3 cloves of garlic
- 1/4 tsp red pepper flakes
- 1/2 lemon, juice
- 1 lime, juice
- 1 tbsp white vinegar
- 1/4 cup extra virgin olive oil
- 2 tbsp coconut cream

Instructions:

1. Place all ingredients in a food processor and blend on high for 30-60 seconds until all ingredients are fully combined.



EASY RECIPES FOR HUNGRY PEOPLE