

# Whole30: *Tips & Tricks*

## **Make a Meal Plan**

Planning ahead ensures you'll have the necessary food on hand when you're ready to cook. Don't let a lack of ingredients throw you off your plan. And, in general, always keep your fridge stocked with plenty of fresh veggies.

## **Emergency Food**

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## **Get Creative**

Don't let food boredom lead to failure. Find new recipes or new uses for regular foods to keep your meals tasty. Use sweet potato discs as buns for burgers or as the toast for avocado toast. Riced cauliflower makes a great base for fried rice.

## **Ready-to-Eat Meals**

Not everyone excels at meal planning but you can still stock your fridge with meals that don't require prep work. Look for foods like pre-made (Whole30 approved) stuffed peppers from the grocery store that just need to go in the oven for 15-20 minutes, or order meals from a meal delivery company that offers Whole30 options.

## **Research Restaurants**

As much as you try to plan ahead, sometimes eating out may be the only option. So, know where you can find Whole30 foods. At Chipotle you can make an approved salad bowl with their pork carnitas, fajita veggies, lettuce, guacamole, and tomato salsa.