

Whole30 Reintroduction Timeline



| Day | What am I eating? | Evaluation |
|--|---|------------|
| Day 1: Legumes | Peanut butter with breakfast Hummus with lunch Black beans with dinner | |
| Days 2&3 | Strict Whole30-monitor your progress | |
| Day 4: Non Gluten Grains | Gluten-free oats with breakfast Corn tortilla with lunch Rice with dinner | |
| Days 5&6 | Strict Whole30-monitor your progress | |
| Day 7: Dairy | Milk in you coffee for breakfast Cheese with lunch Unsweetened yogurt with dinner | |
| Days 8&9 | Strict Whole30-monitor your progress | |
| Day 10: Gluten | Toast with breakfast Flour tortilla with lunch Pasta with dinner | |
| Days 11&12 | Strict Whole30-monitor your progress | |
| Day 13: optional Non Grain Alcohol | Whole30 breakfast Whole30 lunch Glass of wine with dinner | |
| Days 14&15 | Strict Whole30-monitor your progress | |