



COMMON MARKET CO+OP

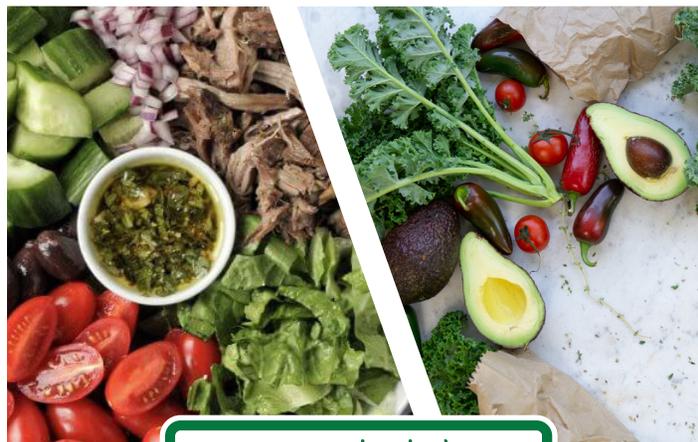
At the Common Market, we understand every customer has different dietary needs. We strive to help our customers find the products that will best meet their needs. For the Whole30 diet, it is important to check the labels on food products to ensure you are purchasing a product that complies with the guidelines.

What is Whole30?

Whole30 is an elimination diet designed to help reset the body and narrow down foods that may be having a negative impact on the body. Although many participants have experienced weight loss, Whole 30 is about eating better, not just losing weight. It is only for 30 days, as the name suggests.

What can and can't I eat?

Whole30 eliminates **sugar** (honey, maple syrup, agave, Splenda, Stevia, xylitol), **grains** (corn, rice, quinoa, wheat, millet, rye, sorghum, amaranth, buckwheat, bulgur, sprouted grains), **legumes** (soy, miso, chickpeas, peas, lentils, peanuts), and **dairy** (cheese, cow milk, yogurt, cream, sour cream, kefir, butter) while eating moderate portions of all other foods. At the end of 30 days, all eliminated foods are slowly reintroduced to see which foods may have been causing problems. Refer to our shopping list for some suggestions.



LOCAL starts here.

5728 Buckeystown Pike
Frederick, MD 21704
(301) 663-3416

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Everyone Welcome!

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What is the
Whole30 Diet?



Protein

Steak • Ground Beef • Bacon (sugar-free & pasturized) • Chicken • Turkey • Salmon • White Fish • Scallops • Shrimp • Eggs

AVOID: Factory-farmed meats or those with added sugar, MSG, sulfites, or carrageenan

Vegetables

Arugula • Asparagus • Beets • Bell Peppers • Bok Choy • Broccoli • Brussels Sprouts • Cabbage • Carrots • Cauliflower • Kale • Leeks • Lettuce • Okra • Onions • Spinach • Sweet Potatoes • Tomatoes • Turnips • Zucchini

AVOID: Legumes

Fruits

All fruits are permissible on the Whole30 diet and are good substitutes for sweet treats.

AVOID: Dried fruits

Oils

Coconut Oil • Extra-Virgin Olive Oil • Animal Fats • Ghee

AVOID: Vegetable oil, soybean oil, peanut oil

Drinks

Unsweetened Almond Milk • Unsweetened Coconut Milk • Infused Water • Coconut Water • Unsweetened Coffee & Tea • Sparkling Waters • Sugar-Free Kombucha

AVOID: Soda, diet soda, sports drinks, sugary coffee drinks, dairy

Condiments

Sugar-free Ketchup • Yellow Mustard • Hot Sauce • Vinegar

AVOID: Dijon mustard, sour cream

Snacks

Nuts (except peanuts) • Seaweed Snacks • Kale Chips • Beet Chips • Guacamole • Alternative Nut Butters

Flours

Almond Flour • Tapioca Starch • Arrowroot

AVOID: White flour, wheat flour, chickpea flour



Visit www.whole30.com for diet guidelines, recipes, meal plans, and more

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JUST BY CHANGING THE FOOD ON YOUR PLATE

Find out more at whole30.com

Look for these Whole30 products in the store:

