

# WHOLE30<sup>®</sup> *by WholeFoodFor7* Reintroduction Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Off you find your food freedom!		

**Legumes** PEANUT BUTTER (unsweetened) • BLACK BEANS • HUMMUS • TOFU • EDEMAME • PEAS

**Gluten Free Grains** QUINOA • GLUTEN FREE OATS • CORN • POPCORN • RICE

**Dairy** MILK • CHEESE • YOGURT (unsweetened) • SOUR CREAM • BUTTER • COFFEE CREAMER (unsweetened)

**Gluten Grains** BREAD • BAGELS • PRETZELS • PASTA • CRACKERS

**Other Reintro Options**

- REINTRODUCE ALCOHOL SEPARATELY
- REINTRODUCE ADDED SUGAR SEPARATELY (HONEY, MAPLE SYRUP, CANE SUGAR, ETC.)