



SUPAWESOMELIFE COOKING SYSTEM: WHY & HOW TO IMPLEMENT THE WHOLE30® PROGRAM

Below is our brief summary of the Whole30® Program. We fully believe that if you decide this is the food plan for you, then you need to read Melissa Hartwig's books or research the Whole30® program online. There are many details and explanations in her books about why it works and the benefits you can get from being on it that we will not cover here. We strongly support the Whole30® program, so much so that our personal food plan is essentially a Whole30® diet.

What is the Whole30® program?

For 30 days, you commit very strongly to eating clean, real food and eliminating foods that could be having a negative impact on your health, body composition and quality of life. At the end of the initial 30 day period, you are able to selectively add foods back into your diet to determine if any are issues for you. There is no calorie counting or macro-nutrient measurements in this diet.

What does the Whole30® program do for me – the benefits?

This is a food plan created for total health and wellness. It is not specifically designed to treat or fix an ailment or meet a goal.

The benefits include positive changes in:

- Physical changes inside and out
- Emotional & mood
- Brain function
- Sleep
- Energy levels
- Food behaviors

What foods are in and what foods are out

Foods you can't eat

- Artificial ingredients
- Dairy
- Sulfites
- Baked goods
- Legumes
- MSG

- Sugar
- Carrageenan
- Grains
- Alcohol
- Junk food

Foods you can eat

- Eggs
- seafood
- seasonings
- Meat
- vegetables
- Natural fats
- some fruit
- herbs
- spices

How easy is it to implement?

SupawesomeLife scale = 3

1=challenging to implement, major change to lifestyle
5=no problem, plenty of resources not that big of a change

If you are currently eating a standard American diet (SAD), this can be a real commitment and challenging diet. However, once you are on it, you will realize the food choices are actually plentiful and delicious. More and more food brands are coming out with Whole30® compliant items.

The most challenging parts, in our opinion, are the elimination of so many items that are in our diet that we either habitually eat/drink (alcohol, tobacco) and the items that are often hidden in our foods that we don't realize are even there (grains/gluten, sugar).

In the grand scheme of things, implementing a food program is not hard. It is just a commitment. Yes, you have to do some planning. Yes, you may have to say "no" to some of your old favorites. But, taking a proactive approach to your diet is some of the best invested time you will have. The return on the investment is possibly adding more enjoyable years to your life.

Does it work?

There is no shortage of testimonials on how well this diet works. It does not profess to do one specific thing for you like lose body fat or be gluten-free. It pushes you toward total health. By eating a clean, healthy diet you will see many benefits in your health and well being.

How SLCS can help with the Whole30® Program

We eat a Whole30® style diet using SLCS. We have been able to modify SLCS to accommodate not only Whole30®, but also the Ketogenic diet; a gluten-free diet; a bulking diet to gain muscle mass; and a cutting diet to strip away body fat. All the while still getting plenty of variety and not spending an exorbitant amount of time preparing food.

Even if everyone in your household is not on the Whole30® diet, SLCS can help you personalize eating plans for each person.

SLCS is designed to be an 80/20 plan, 80% of your meals are made using SLCS and 20% are at your discretion as you have bandwidth and food preferences. The idea is to have 100% of your meals be Whole30® compliant. The Whole30® Cookbook has hundreds of delicious and inspired recipes for you to try when you have the time.