

## Everything I Ate During My January 2019 Whole30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		<p>Didn't start Whole30 until January 2...</p>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Olives</li> <li>• Bone broth</li> <li>• Pickled veggies,</li> <li>• Slices of salami</li> <li>• Baked sweet potato w/ toppings</li> <li>• Jerky</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Bone broth</li> <li>• Green tea</li> <li>• Olives</li> <li>• <a href="#">Salmon salad</a></li> <li>• Apple</li> <li>• Jerky</li> <li>• <a href="#">Green smoothie</a></li> <li>• More olives</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Olives</li> <li>• Banana</li> <li>• <a href="#">Tuna salad</a></li> <li>• Two <a href="#">hard boiled eggs</a></li> <li>• Kimchi</li> <li>• Avocado</li> <li>• Spoonful of cashew butter</li> <li>• Brazil nuts</li> <li>• Jerky</li> </ul>	<ul style="list-style-type: none"> <li>• Cold brew</li> <li>• Two fried eggs</li> <li>• Bacon</li> <li>• Half an avocado</li> <li>• Berries</li> <li>• <a href="#">Green smoothie</a></li> <li>• Steak</li> <li>• Brazil nuts</li> </ul>
6	7	8	9	10	11	12
<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Apple</li> <li>• Leftover steak</li> <li>• Crock pot chicken</li> <li>• Almonds</li> <li>• Two <a href="#">hard boiled eggs</a></li> <li>• Bone broth</li> <li>• Salad</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Apple</li> <li>• Leftover steak</li> <li>• Leftover crock pot chicken</li> <li>• Cashews</li> <li>• Two <a href="#">hard boiled eggs</a></li> <li>• Bone broth</li> <li>• Salad</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• One <a href="#">hard boiled egg</a></li> <li>• Cashews</li> <li>• Raw carrots</li> <li>• Raw celery</li> <li>• Apple</li> <li>• Leftover crock pot chicken</li> <li>• Broccoli from Whole Foods salad bar</li> <li>• Orange</li> <li>• <a href="#">Green smoothie</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Macadamia nuts</li> <li>• Apple</li> <li>• Leftover crock pot chicken</li> <li>• Raw carrots</li> <li>• Raw celery</li> <li>• Avocado</li> <li>• Bone broth</li> <li>• Orange</li> <li>• Almonds</li> <li>• Baked sweet potato bar</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Olives</li> <li>• Macadamia nuts</li> <li>• Roasted sweet potato</li> <li>• Leftover crock pot chicken</li> <li>• Kimchi</li> <li>• Orange</li> <li>• Almonds</li> <li>• Jerky</li> <li>• Egg/lamb scramble</li> <li>• Broccoli rice</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Almonds</li> <li>• Olives</li> <li>• Leftover egg/lamb scramble + broccoli rice</li> <li>• Orange</li> <li>• More olives</li> <li>• <a href="#">Soup</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Almonds</li> <li>• Prosciutto</li> <li>• Leftover soup</li> <li>• Mixed nuts</li> <li>• Raw veggies dipped in guacamole</li> <li>• Bone broth</li> <li>• Whole fish (entrée at restaurant)</li> </ul>
13	14	15	16	17	18	19
<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Orange</li> <li>• Almonds</li> <li>• Egg/ground pork/mushroom scramble</li> <li>• Pistachio nuts</li> <li>• <a href="#">Green smoothie</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Orange</li> <li>• <a href="#">Salmon salad</a></li> <li>• Olives</li> <li>• Pistachio nuts</li> <li>• Leftover egg/pork/mushroom scramble</li> <li>• <a href="#">Soup</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Bone broth</li> <li>• Orange</li> <li>• Leftover salmon salad</li> <li>• Leftover soup</li> <li>• Another orange</li> <li>• Pistachio nuts</li> <li>• More leftover soup</li> <li>• Another orange</li> <li>• Cashews</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Orange</li> <li>• <a href="#">Green smoothie</a></li> <li>• Pistachio nuts</li> <li>• Bone broth</li> <li>• Another orange</li> <li>• More bone broth</li> <li>• <a href="#">Volcano juice</a> from Juice Press</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Macadamia nuts</li> <li>• Almonds</li> <li>• Orange</li> <li>• Jerky</li> <li>• Leftover soup</li> <li>• Another orange</li> <li>• Cashews</li> <li>• Two <a href="#">hard boiled eggs</a></li> <li>• More jerky</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Macadamia nuts</li> <li>• Two oranges</li> <li>• Two fried eggs + two sausages</li> <li>• Olives</li> <li>• Decaf iced Americano with homemade almond milk (from coffee shop)</li> <li>• Poke bowl</li> <li>• Raw mushrooms and carrots dipped in guacamole</li> <li>• Two whole dill pickles</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Cold brew</a></li> <li>• Egg/ground pork scramble w/ avocado</li> <li>• Macadamia nuts</li> <li>• Orange</li> <li>• Berries</li> <li>• Two sausages</li> <li>• Raw veggies dipped in guacamole</li> </ul>

<p style="text-align: right;"><b>20</b></p> <ul style="list-style-type: none"> <li>•Bulletproof cold brew (from coffee shop)</li> <li>•Cold brew, black</li> <li>•Green salad topped w/ roasted chicken (at restaurant)</li> <li>•Turkey patty</li> <li>•Almonds</li> <li>•Orange</li> <li>•Green salad topped w/ beets and steak (at restaurant)</li> <li>•Grapefruit</li> </ul>	<p style="text-align: right;"><b>21</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Orange</li> <li>•Two fried eggs w/ avocado</li> <li>•Another orange</li> <li>•Bone broth</li> <li>•Two sausages</li> <li>•Olives</li> <li>•Almonds</li> </ul>	<p style="text-align: right;"><b>22</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Almonds</li> <li>•Roasted sweet potatoes</li> <li>•Two <a href="#">hard boiled eggs</a></li> <li>•Two oranges</li> <li>•Olives</li> <li>•Roasted cauliflower and carrots (from Whole Foods salad bar)</li> <li>•<a href="#">Green smoothie</a></li> </ul>	<p style="text-align: right;"><b>23</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Almonds</li> <li>•Roasted sweet potatoes</li> <li>•Steak</li> <li>•One <a href="#">hard boiled egg</a></li> <li>•Olives</li> <li>•Orange</li> <li>•Bone broth</li> <li>•Pistachio nuts</li> <li>•Spaghetti squash topped w/ avocado, EVOO, ghee, salt, pepper</li> <li>•Another orange</li> </ul>	<p style="text-align: right;"><b>24</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Macadamia nuts</li> <li>•Half an avocado</li> <li>•Two <a href="#">hard boiled eggs</a></li> <li>•Orange</li> <li>•Olives</li> <li>•Beef stick</li> <li>•<a href="#">Green smoothie</a></li> </ul>	<p style="text-align: right;"><b>25</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Pistachio nuts</li> <li>•Macadamia nuts</li> <li>•Apple</li> <li>•<a href="#">Salmon salad</a></li> <li>•Olives</li> <li>•Roasted assorted veggies</li> </ul>	<p style="text-align: right;"><b>26</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Two <a href="#">hard boiled eggs</a></li> <li>•<a href="#">Green smoothie</a></li> <li>•Americano</li> <li>•Steak and veggies (from <a href="#">Tender Greens</a>)</li> <li>•<a href="#">Salmon salad</a></li> <li>•Olives</li> <li>•Orange</li> <li>•Raspberries</li> <li>•Spoonful of walnut butter</li> <li>•Pistachio nuts</li> </ul>
<p style="text-align: right;"><b>27</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•<a href="#">Milk</a> + coconut cream + cinnamon + almond butter “milkshake”</li> <li>•Pistachio nuts</li> <li>•<a href="#">Soup</a></li> <li>•Raspberries</li> <li>•Two fried eggs</li> <li>•Spoonful of almond butter</li> <li>•Olives</li> <li>•Grapefruit</li> <li>•Jerky</li> </ul>	<p style="text-align: right;"><b>28</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Almonds</li> <li>•Roasted sweet potatoes and carrots</li> <li>•Olives</li> <li>•Two <a href="#">hard boiled eggs</a></li> <li>•<a href="#">Green smoothie</a></li> <li>•<a href="#">Sweet potato fries</a> w/ <a href="#">Primal Kitchen ketchup</a></li> <li>•Pistachio nuts</li> </ul>	<p style="text-align: right;"><b>29</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Bone broth</li> <li>•Leftover sweet potato fries</li> <li>•Two <a href="#">hard boiled eggs</a></li> <li>•Almonds</li> <li>•<a href="#">Bare</a> apple chips</li> <li>•Leftover green smoothie</li> <li>•Pistachio nuts</li> <li>•Raw carrots</li> </ul>	<p style="text-align: right;"><b>30</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Hot green tea</li> <li>•Two <a href="#">hard boiled eggs</a></li> <li>•<a href="#">Chicken salad</a></li> <li>•Half an avocado</li> <li>•Almonds</li> <li>•Banana</li> <li>•<a href="#">Sweet potato fries</a> w/ <a href="#">Primal Kitchen ketchup</a></li> <li>•Pistachio nuts</li> </ul>	<p style="text-align: right;"><b>31</b></p> <ul style="list-style-type: none"> <li>•<a href="#">Cold brew</a></li> <li>•Almonds</li> <li>•Pork rinds</li> <li>•Leftover chicken salad</li> <li>•Two <a href="#">hard boiled eggs</a></li> <li>•Half an avocado</li> <li>•Oysters, steak, potatoes (at restaurant)</li> </ul>		