This dietary lifestyle includes abundant amounts of vegetables with moderate portions of proteins and limited amounts of fruit. No sugar, alcohol, grains, legumes, soy or dairy for 30 days.

ENJOY THESE WHOLE30 APPROVED ZOËS KITCHEN DISHES!

ENTRÉES
Chicken Kabobs
Shrimp Kabobs
Salmon Kabobs
Mediterranean Chicken
Moroccan Citrus Roasted Chicken
(replace Turmeric Rice)
Cauliflower Rice Bowl
(remove feta cheese and Greek tzatziki)
Greek Salad
(remove feta cheese, replace pita with cucumbers)

FRESH SIDES
Roasted Vegetables
Fresh Fruit
Potato Salad

SAUCES
Zoës Dressing
Israeli Skhug
Italian Salsa Verde
Moroccan Harissa