

What's the Difference?

# KETO VS PALEO VS WHOLE30

<b>FOOD GROUP</b>	<b>KETO</b> (High Fat, Low Carb)	<b>PALEO</b> (Protein & Veggie Heavy)	<b>WHOLE30</b> (Nothing Processed)
ANIMAL PROTEIN	YES	YES	YES
HEALTHY FATS/OILS	YES	YES	YES
GRAINS	NO	NO	NO
FRUIT	ONLY BERRIES	MINIMAL	MINIMAL
NON-STARCH VEG	YES	YES	YES
STARCH VEG	NO	SOME	YES
BEANS/LEGUMES	NO	NO	NO
DAIRY	YES	NO	NO
GLUTEN	NO	NO	NO
NATURAL SWEETENERS	SOME	SOME	NO
REFINED SUGAR	NO	NO	NO
PROCESSED FOOD	NO	NO	NO

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