

whole 30 diet drinks

whole 30 diet drinks have become an essential consideration for individuals following the Whole30 program, a popular 30-day nutritional reset that emphasizes whole foods and eliminates sugar, alcohol, grains, legumes, and dairy. Choosing the right beverages is crucial to maintaining compliance with the Whole30 guidelines while staying hydrated and energized. This article explores a variety of compliant drink options, including natural hydration solutions, approved coffee and tea choices, and creative homemade recipes that align with the Whole30 principles. Additionally, it highlights drinks to avoid and provides practical tips for reading labels to ensure beverages meet the strict criteria. Whether you are new to Whole30 or looking to refine your drink selection, this comprehensive guide offers detailed insights to support your dietary goals and enhance your overall experience.

- Understanding Whole30 Diet Drinks
- Hydration and Natural Drink Options
- Coffee and Tea on Whole30
- Homemade Whole30 Compliant Drink Recipes
- Beverages to Avoid During Whole30
- Tips for Choosing Whole30 Diet Drinks

Understanding Whole30 Diet Drinks

The Whole30 program is designed to eliminate foods and beverages that may cause inflammation, digestive issues, or cravings. Whole30 diet drinks must adhere to strict guidelines, excluding added sugars, artificial sweeteners, dairy, alcohol, grains, and legumes. The focus is on natural, unprocessed beverages that support the body's detoxification and reset process. Understanding which drinks qualify ensures that participants avoid hidden ingredients that could compromise their progress. Whole30 diet drinks provide hydration, energy, and flavor without disrupting the dietary reset.

Principles Behind Whole30 Drink Choices

Whole30 diet drinks are chosen based on their ingredient purity and compliance with the program's elimination criteria. This means avoiding any beverages containing sweeteners like cane sugar, honey, agave, or artificial alternatives such as sucralose or aspartame. Additionally, drinks must be free from dairy derivatives, grains, and legumes, which are common allergens or inflammatory triggers. Emphasizing water, natural herbal infusions, and unsweetened beverages supports the detoxification process and encourages healthy habits beyond the 30-day period.

Impact of Drinks on Whole30 Results

Consuming compliant Whole30 diet drinks helps maintain stable blood sugar levels and reduces cravings, which can otherwise derail the program. Proper hydration with approved beverages enhances digestion, boosts energy, and supports metabolic functions. In contrast, non-compliant drinks may introduce hidden sugars or additives that trigger inflammatory responses or cravings, impairing the effectiveness of the Whole30 reset. Therefore, a strategic approach to drink selection is vital for achieving optimal results.

Hydration and Natural Drink Options

Hydration is a fundamental component of the Whole30 lifestyle. Water remains the best choice for maintaining fluid balance, but a variety of natural, flavorful drinks can complement daily hydration efforts without violating Whole30 rules. These options provide variety and enjoyment while supporting overall health and compliance.

Water and Its Variants

Plain water is the cornerstone of hydration on Whole30. Infused water, created by adding slices of fresh fruits, vegetables, or herbs, offers subtle natural flavors without added sugars or artificial ingredients. Popular infusion choices include lemon, cucumber, mint, and berries. Sparkling water, provided it contains no added sugars or artificial flavors, is also permissible and can provide a refreshing alternative for those seeking carbonation.

Coconut Water

Natural coconut water is a Whole30-compliant drink option that offers electrolytes and hydration benefits. It should be 100% pure coconut water without added sugars, flavorings, or preservatives. Coconut water supports electrolyte balance, especially after exercise, making it a beneficial natural beverage during the Whole30 program.

Vegetable Juices

Freshly pressed vegetable juices made from Whole30-approved vegetables such as celery, cucumber, and leafy greens can be consumed in moderation. It is essential to avoid juices with fruit added or any sweeteners. Vegetable juices provide vitamins and minerals that support detoxification and overall wellness.

Coffee and Tea on Whole30

Coffee and tea are popular beverages that can be enjoyed on Whole30 with careful attention to additives and preparation methods. Both can provide antioxidants and mental alertness without compromising program compliance when consumed appropriately.

Coffee Guidelines

Black coffee is allowed on Whole30 as long as no dairy, sugar, or non-compliant creamers are added. Some participants use compliant options such as coconut milk or almond milk (unsweetened and free from additives) to add creaminess. It is important to avoid flavored coffee creamers, syrups, and sweeteners, which are not permissible on Whole30.

Tea Options

Unsweetened tea varieties, including green, black, white, and herbal teas, are acceptable on Whole30. Herbal teas made from ingredients such as chamomile, peppermint, or ginger can be especially soothing and beneficial for digestion. Adding lemon or compliant natural flavorings can enhance the taste without breaking program rules.

Homemade Whole30 Compliant Drink Recipes

Creating homemade drinks allows full control over ingredients to ensure compliance with Whole30 standards. These recipes provide flavorful, refreshing, and nutritious options suitable for various tastes and occasions.

Lemon Ginger Detox Drink

This invigorating drink combines fresh lemon juice, grated ginger, and water to promote digestion and

hydration. It contains no sugars or additives, making it fully compliant with Whole30 guidelines.

Cucumber Mint Water

A refreshing infusion made by adding sliced cucumber and fresh mint leaves to cold water. This drink enhances hydration with subtle flavor and no added ingredients that would violate Whole30 rules.

Homemade Herbal Iced Tea

Brew herbal tea such as hibiscus or rooibos, chill it, and serve over ice with a splash of lemon. Avoid adding any sweeteners or artificial flavors to keep this beverage compliant and enjoyable.

List of Basic Ingredients for Whole30 Drinks

- Fresh lemons and limes
- Cucumbers
- Fresh herbs (mint, basil, rosemary)
- Fresh ginger root
- Herbal tea bags (unsweetened)
- Pure coconut water (unsweetened)
- Filtered water (still or sparkling)

Beverages to Avoid During Whole30

While Whole30 diet drinks emphasize natural and unprocessed beverages, several common drinks are strictly prohibited due to their ingredients and potential to disrupt the program's objectives.

Sugary Drinks and Sodas

All forms of soda, energy drinks, and sweetened beverages containing added sugars, high fructose corn syrup, or artificial sweeteners are not allowed. These drinks can cause blood sugar spikes and cravings, undermining the Whole30 reset.

Alcoholic Beverages

Alcohol is completely eliminated during the Whole30 program. This includes beer, wine, cocktails, and hard liquors. Alcohol can interfere with liver detoxification and impair progress, making it essential to avoid these drinks for the full 30 days.

Juices with Added Sugar or Fruit Concentrates

Many fruit juices contain high amounts of natural and added sugars, which are not permitted on Whole30. Fruit concentrates and sweetened juice blends can also be problematic, even if labeled "natural." Only small amounts of vegetable juices without sweeteners are acceptable.

Tips for Choosing Whole30 Diet Drinks

Selecting the right drinks requires careful label reading and ingredient awareness to avoid hidden non-compliant additives. The following tips help ensure beverage choices support the Whole30 goals effectively.

Read Ingredient Labels Thoroughly

Look for any mention of sugars, sweeteners, dairy, grains, legumes, or preservatives. Ingredients should be minimal and recognizable. Avoid drinks with complex ingredient lists that include additives or flavor enhancers.

Choose Unsweetened and Plain Options

Opt for drinks without added sugars or flavors. Plain water, black coffee, and unsweetened tea are reliable choices. When selecting packaged drinks, confirm they are free from sweeteners and additives.

Prepare Homemade Drinks

Making drinks at home allows complete ingredient control and helps avoid accidental consumption of non-compliant substances. Utilize fresh fruits, herbs, and natural flavorings to create satisfying beverages.

Stay Hydrated Consistently

Maintaining adequate hydration supports the Whole30 program's detoxification and energy balance goals. Carry a water bottle and incorporate compliant drinks throughout the day to meet hydration needs.

Frequently Asked Questions

Are flavored sparkling waters allowed on the Whole30 diet?

Yes, plain flavored sparkling waters without added sugars, artificial sweeteners, or preservatives are allowed on the Whole30 diet. Always check the ingredient list to ensure compliance.

Can I drink coffee on the Whole30 diet?

Yes, black coffee is allowed on the Whole30 diet. However, avoid adding sugar, creamers, or flavored syrups that contain non-compliant ingredients.

Is alcohol permitted during the Whole30 program?

No, all forms of alcohol are not allowed during the Whole30 program as it can disrupt the reset process and affect your gut health and metabolism.

Are natural fruit juices allowed on Whole30?

No, natural fruit juices are not allowed on Whole30 because they are high in sugar and can spike blood sugar levels, which the program aims to avoid.

What are some Whole30-approved drink options besides water?

Besides water, Whole30-approved drinks include black coffee, unsweetened herbal teas, coconut water without added sugars, and plain sparkling water without additives.

Additional Resources

1. Whole30 Drink Recipes: Refreshing and Healthy Beverages for Every Day

This book offers a variety of delicious and nutritious drink recipes that comply with the Whole30 diet guidelines. From energizing smoothies to hydrating herbal infusions, each recipe is designed to support your health goals while keeping your taste buds satisfied. It's perfect for those looking to diversify their beverage options during the Whole30 program.

2. The Ultimate Whole30 Beverage Guide: Clean Drinks for a Healthier You

Explore the world of Whole30-approved drinks with this comprehensive guide. The book includes recipes for detox waters, natural electrolyte drinks, and wholesome teas, all free from added sugars and artificial ingredients. It's an ideal resource for anyone aiming to maintain hydration and nutrition throughout their Whole30 journey.

3. Whole30 Smoothies and Sips: Nutritious Drinks for Optimal Wellness

Packed with vibrant smoothie and sip recipes, this book emphasizes the use of fresh, Whole30-compliant ingredients. Each drink is crafted to boost energy, aid digestion, and support overall wellness. Whether you want a quick breakfast drink or a post-workout refresher, you'll find plenty of tasty options here.

4. Clean and Clear: Whole30 Approved Drinks for Detox and Vitality

This title focuses on cleansing and revitalizing beverages that align perfectly with the Whole30 lifestyle. Discover recipes featuring natural detoxifying ingredients like lemon, ginger, and cucumber that help flush toxins and enhance vitality. It's a great companion for anyone looking to refresh their body through mindful drinking.

5. Hydrate Whole30: Delicious Drinks to Keep You Energized and Balanced

Hydration is key to success on the Whole30 diet, and this book provides an array of flavorful drinks to keep you balanced. From infused waters to herbal teas and broth-based beverages, each recipe is simple, wholesome, and free from non-compliant additives. It encourages mindful hydration habits essential for lasting health.

6. Whole30 Coffee and Tea Creations: Energize Your Day the Clean Way

For coffee and tea lovers on Whole30, this book delivers creative ways to enjoy your favorite beverages without breaking the rules. Learn how to prepare compliant coffee drinks, herbal teas, and natural flavor infusions that enhance alertness and comfort. It's a perfect guide to maintaining your caffeine routine while staying true to Whole30.

7. Whole30 Mocktails: Festive and Nourishing Drinks for Every Occasion

Celebrate special moments with Whole30-friendly mocktails that are both festive and nourishing. This book offers inventive recipes that use fresh fruits, herbs, and natural spices to create flavorful non-alcoholic beverages. Ideal for social gatherings or personal enjoyment, these drinks keep your Whole30 progress intact.

8. Essential Electrolytes: Whole30 Drinks to Replenish and Restore

Replenishing electrolytes is vital during Whole30, and this book focuses on drinks that naturally restore essential minerals. Featuring recipes with coconut water, sea salt, and mineral-rich ingredients, it helps combat fatigue and supports muscle function. It's an invaluable resource for active individuals on the Whole30 path.

9. Whole30 Morning Boost: Energizing Drinks to Start Your Day Right

Kickstart your mornings with energizing Whole30-approved drinks designed to fuel your body and mind. This collection includes nutrient-packed smoothies, herbal infusions, and broth-based beverages that promote focus and vitality. Perfect for those who want a clean, vibrant start to each day on the Whole30 diet.

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whole 30 diet drinks: Complete Guide to the Whole 30 Diet Dr. Emma Tyler, 2020-07-13 In her new book, Complete Guide to the Whole 30 Diet: A Beginners Guide & 7-Day Meal Plan for Weight Loss, Dr. Emma Tyler breaks down the Whole 30 Diet into a simple to understand and easy to follow weight loss and healthy eating plan that anyone can use to lose additional body weight and improve their overall health and wellness. Inside her weight loss guide, Emma will teach you about the following aspects of the Whole 30 Diet: What the Whole 30 Diet is. Major Health Benefits of Following the Whole 30 Diet. What Foods Should be Eaten when Following the Whole 30 Diet. What Foods Should be Avoided or Minimized on the Whole 30 Diet. A Simple & Nutritious 7-Day Whole 30 Diet Meal Plan. How to Grocery Shop to Lose Weight. How Exercise can Increase Weight Loss with the Whole 30 Diet. Lifestyle Benefits of Losing Weight on the Whole 30 Diet. Plus so much more... Let Emma help you take control of your weight and guide you through the process of losing extra pounds and maintaining your body weight by using the tried and tested Whole 30 Diet and its easy

to follow eating plan to improve your quality of life in as little as just 2 weeks.

whole 30 diet drinks: The Whole 30 Diet Bible Matt Kingsley, Unlock your best self in just 30 days with the ultimate Whole30 guide! This book takes you from the first step of resetting your body and mind, through navigating cravings and social challenges, all the way to achieving lasting Food Freedom. Whether you're new to Whole30 or looking to deepen your journey, this comprehensive resource is packed with real-life success stories, expert tips, and delicious recipes to ensure your transformation is as enjoyable as it is effective. Get ready to reclaim your health, energy, and relationship with food—once and for all!

whole 30 diet drinks: The Whole30 Melissa Urban, Dallas Hartwig, 2015 Millions of people visit Whole30.com every month and share their stories of weight loss and lifestyle makeovers. Hundreds of thousands of them have read *It Starts With Food*, which explains the science behind the program. At last, *The Whole30* provides the step-by-step, recipe-by-recipe guidebook that will allow millions of people to experience the transformation of their entire life in just one month.

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whole 30 diet drinks: Whole 30 Diet Real Foods Olivia Miller, 2018-09-23 Your need is to have a RIGHT CHOICE OF FOODS, which will PROVIDE YOUR BODY with ENERGY, NUTRITION and POWERFUL IMMUNE SYSTEM. Whether you're looking to SIMPLY LOSE WEIGHT, or you're SICK AND TIRED of feeling sick and tired - SPENDING 30 DAYS on a DIET of STRICTLY WHOLE FOODS will do WONDERS for you. The WHOLE 30 DIET helps YOU TO GET your body GOOD, REAL & WHOLE FOODS, it is a NUTRITIONAL PROGRAM designed to change the way you FEEL and EAT in 30 DAYS. Think of it as a short-term NUTRITION RESET, designed to help you put an end to UNHEALTHY CRAVINGS and habits, RESTORE A HEALTHY METABOLISM, HEAL YOUR DIGESTIVE TRACT, and BALANCE YOUR IMMUNE SYSTEM. In this eBook WHOLE 30 DIET REAL FOODS you will get 120 PLUS DELICIOUS RECIPES for your ENTIRE 30 DAYS PROGRAM.

whole 30 diet drinks: Perfect Whole 30 Instant Pot Cookbook Nicole Johnson, 2018-05-28 WHOLE 30 is a unique concept that explains about maintaining a HEALTHY relationship with FOOD and enhance the HEALTHY LIFESTYLE. The WHOLE30 has transformed the lives of thousands of people around the world & have helped individuals learn how and why to make the best FOOD CHOICES. This cookbook gives you both- the combination of WHOLE 30 DIET and INSTANT POT COOKING to have 80+ tasty and easy recipes. At the beginning, the brief information about WHOLE 30 DIET is presented in an easy-to-understand and captivating manner. Also covered tips to SIMPLIFY, PLAN, and PREPARE MEALS in AMAZING INSTANT POT to save time and money. Welcome to PERFECT WHOLE 30 INSTANT POT COOKBOOK, start cooking to RESET YOUR HEALTH and IMPROVE YOUR LIFE!

whole 30 diet drinks: The New Whole30 Melissa Urban, 2024-08-06 INSTANT NEW YORK TIMES BESTSELLER TORONTO STAR BESTSELLER The new and improved Whole30 program from #1 New York Times bestselling author Melissa Urban, featuring an updated approach to food freedom, the Original and Plant-Based programs, and over 100 new recipes Do you struggle with cravings, fatigue, digestive issues, pain, or other symptoms? The Whole30 can help you discover the foods that are holding you back—in just 30 days. Since 2009, the Whole30 program has helped millions of people radically transform their health, habits, and relationship with food and discover lasting food freedom. Grounded in nutrition and behavior-change science and fifteen years of clinical evidence, the Whole30 program has been praised by countless doctors and dietitians and is supported by thousands of glowing testimonials. Inspired by her community, the newest research, and the ever-changing food landscape, Whole30 co-founder Melissa Urban has expanded the program to be even more accessible, supportive, and effective. In *The New Whole30*, you'll find completely updated rules, language, and success strategies for every phase of your journey. The book now includes two different programs, each with its own guidelines, resources, and recipes: the Original Whole30 (for omnivores) and the Plant-Based Whole30 (for vegans, vegetarians, or anyone exploring a plant-based diet). You'll also find more than 100 all-new recipes plus some updated

Whole30 favorites, all of which are 100 percent gluten-free, grain-free, dairy-free, and free of added sugar. In her signature direct and empathetic style, Urban distills more than a decade of expert knowledge and experience into the essential resource for Whole30 alumni and first-timers alike. The New Whole30 is sure to be your ultimate guide to success.

whole 30 diet drinks: Gut Health: Proven Holistic Strategies to Restore Your Microbiome (A Practical Guide to Microbiome & Probiotic Nutrition for Better Digestion)

Michael Dolce, 101-01-01 Gut health revolution is your science-backed roadmap to erase brain fog, sharpen focus, boost energy, and experience easy weight loss by restoring harmony in your digestive system. This isn't about fad diets or quick fixes—it's a sustainable reset designed to help you take control of your health from the inside out. Imagine waking up energized, focused, and grounded. Your gut isn't just a digestion machine—it's the control center of your mood, metabolism, and immune system. When your gut thrives, you thrive. You'll discover inside this empowering guide: • The top 10 natural remedies that are scientifically proven to heal your gut. • Step-by-step guidance on implementing dietary changes without overwhelming your routine. • The 7 essential probiotic strains you need to know for optimal gut health. • Budget-friendly tips to incorporate gut-friendly foods without breaking the bank. • 5 daily habits that will dramatically improve your gut health. • Why stress affects digestion and 4 techniques to manage stress effectively. • How to identify key signs of serious gut health issues and when to seek help. Are you constantly battling digestive discomfort, elusive energy, or stubborn weight that refuses to budge no matter what you try? Does the state of your health seem more dismal every day? Do you want a scientifically-backed, practical guide to unlock your full potential? This book is an essential, all-inclusive guide for anyone looking to supercharge their immune defenses, reclaim optimal weight, maximize vitality, and unlock both physical and cognitive potential.

whole 30 diet drinks: The Primal Gourmet Cookbook Ronny Joseph Lvovski, 2020 Over 100 gluten-free, grain-free, and dairy-free recipes based on the popular Primal Gourmet blog, fully endorsed by Whole30. Ronny Joseph Lvovski struggled with a lifetime of obesity, failed diets, and low self-esteem before discovering the Paleo diet. Once he eliminated grains and dairy from his diet, his allergies, asthma, upset stomachs, headaches, back pain, lethargy, excess weight, and cravings disappeared. After losing 40 pounds, Ronny set out to create gourmet-quality meals that followed Paleo guidelines and left him feeling satisfied. He shared those recipes on his Primal Gourmet blog, and became one of the most popular contributors to the @whole30recipes Instagram account. The Primal Gourmet Cookbook, Ronny's first cookbook, is fully endorsed by Whole30 and includes a foreword by Whole30 co-creator Melissa Urban. The cookbook includes more than 120 recipes, with blog fan-favorites plus all-new dishes such as Mojo Loco Chicken Wings, Short Rib Ragu, Jerk Ribs, and Moroccan Lamb Stew, proving healthy diets really can be delicious.

whole 30 diet drinks: Fiber Fueled Will Bulsiewicz, MD, 2020-05-12 The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist. The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or Dr. B, illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge science on fiber is incredibly exciting. As Dr. B explains, fiber energizes our gut microbes to create powerhouse postbiotics called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the immune system, reduce food sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical fiber we need, weaken the microbes, and make our

system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of fiber to dramatically transform our health. The good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day jumpstart program with menus and more than 65 recipes, along with essential advice on food sensitivities, Fiber Fueled offers the blueprint to start turbocharging your gut for lifelong health today.

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whole 30 diet drinks: The Paleo Miracle Joseph Salama, Christina Lianos, 2014-06-20 The Paleo Miracle: 50 Real Stories of Health Transformation Do you think that weight gain and disease are simply a function of age and genetics? Do you wonder why, despite eating a whole-grain, low-fat diet and putting in countless hours of exercise, you aren't getting any thinner? Most importantly: Why do you eat the way you do? Because someone else told you that it is healthy? In the paleo community, we believe that FOOD IS MEDICINE. We have either eliminated all symptoms of, or dramatically improved, the diseases we had - diseases like diabetes, heart disease, ADHD, Crohn's, and many others - by eating REAL food, and in most cases have become completely medication-free. And we have learned that when your body is healthy inside, it will automatically look healthier on the outside too. As a result, most of us have lost a lot of body fat. Bonus. The people featured in this book are but a handful of THOUSANDS who have all undergone a miraculous transformation in their health, to the point where many of them have started blogs or websites, and written books like this

one. We are all born again - but this time in perfect health - and are excited to share our secret with you. The only question left is: Do YOU have the courage to make a huge positive change in YOUR life? The Paleo Miracle: 50 Real Stories of Health Transformation is perfect for those needing to reset their health, those wanting to shed weight, those wanting to show the power of paleo to friends and family, and those who are already paleo and need a bit of motivation. **At least half the profits from the sale of this book will go to charity.**

whole 30 diet drinks: *Find Happiness, How to Fill the Void in Your Life, by Looking, Feeling, and Living Better* Shawn Smith, 2007-02

whole 30 diet drinks: Ice Cream Maker: 22 Ice Cream Recipes For Your Home Ice Cream Maker Machine Recipe This, Ice Cream Maker 22 Ice Cream Recipes For Your Home Ice Cream Maker Machine The authors of this ice cream maker ebook shares with you the favourite ice cream maker recipes that they have developed during the first six months of owning an Italian ice cream maker machine. Featuring classics such as chocolate ice cream, banana ice cream, strawberry ice cream, raspberry ripple ice cream along with milkshake adaptations. On top of this they have also shared some delicious ice cream maker recipes that have been adapted from their favourite brands of chocolate. So look forward to oreo ice cream, rolo ice cream, caramel chew chew and so many others. Discover just how many different ice cream maker recipes there are and this makes an excellent starting point for when you have an ice cream maker, but can't quite decide what to make in it!

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entire

entire | **Weblio** E entire entire en-tire i nta'iar 1 = whole

Whole - **Weblio** a whole family - EDR a whole nation one whole year 1 - EDR one's whole self

Whole-wheat | **Weblio** Whole-wheat - () Weblio

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whole picture | **Weblio** Don 't give you the whole picture. -

whole - **Weblio** whole, entirely, wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - Weblio

whole-body | **Weblio** whole-body ; ; ; - 486

whole | **Weblio** whole

entire | **Weblio** E entire entire en-tire i nta'iar 1 = whole

Whole - **Weblio** a whole family - EDR a whole nation one whole year 1 - EDR one's whole self

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