

# [PDF] The Whole30: The 30-Day Guide To Total Health And Food Freedom

Melissa Hartwig, Dallas Hartwig - pdf download free book

praise for **WHOLE30**  
The Whole30 has transformed the lives of thousands of people around the world. I can't recommend this program highly enough."  
—CHRIS KNEISSER, New York Times best-selling author, *Your Personal Paleo Code*  
"The Whole30 will change your relationship with food for a lifetime."  
—EVA TWARDOCKINS, two-time U.S. Olympian, Olympic skater  
"With this book, you can give yourself or someone you love the essential tools to a healthier, happier life. It really does have worked for you. The Whole30!"  
—ROBB WOLF, New York Times best-selling author, *The Paleo Solution*

Can you change your life just by changing the food you put on your plate? Our Whole30 program will prove you can, with results you never expected.

Since 2008, the critically acclaimed Whole30 program has quietly led hundreds of thousands of people to effective weight loss and better health—along with stunning improvements in sleep, quality, energy levels, mood, and well-being. Many, in fact, have discovered they could dramatically decrease or eliminate the symptoms of their medical conditions just by following the program. The Whole30 accomplishes all of this by specifically targeting people's habits and emotional relationships with food. Many Whole30 participants have described relieving "food headaches"—in just thirty days.

In their New York Times best-selling book *It Starts With Food*, Dallas and Melissa explained the science behind their revolutionary approach to food and nutrition. Now, *The Whole30* prepares participants for the program in five easy steps, covers a typical thirty days with the Whole30 Timeline, teaches the basic meal planning and cooking skills needed to succeed, and provides a month's worth of easy-to-follow recipes designed to build confidence in the kitchen and inspire the taste buds.

Mastering and inspiring with just the right amount of signature high love, *The Whole30* features recipe-style access stories, an extensive quick-reference FAQ, a variety of detailed cooking techniques, and more than 100 recipes using familiar ingredients, from simple one-pot meals to impressive party menus.



## Books Details:

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## Description:

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.**

Melissa and Dallas Hartwig's critically-acclaimed Whole30 program has helped hundreds of thousands of people transform how they think about their food, bodies, and lives. Their approach leads to effortless weight loss and better health—along with stunning improvements in sleep quality, energy levels, mood, and self-esteem. Their first book, the *New York Times* best-selling *It Starts With Food*, explained the science behind their life-changing program. Now they bring you *The Whole30*, a stand-alone, step-by-step plan to break unhealthy habits, reduce cravings, improve digestion, and strengthen your immune system. *The Whole30* features more than 100 chef-developed recipes, like Chimichurri Beef Kabobs and Halibut with Citrus Ginger Glaze, designed to build your confidence in the kitchen and inspire your taste buds. The book also includes real-life success stories, community resources, and an extensive FAQ to give you the support you need on your journey to “food freedom.”

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