



FREQUENTLY ASKED QUESTIONS



When will you text me?

If you sign up before December 26, I'll text you every morning from December 26 - 31 to help you mentally prep for the Whole30. From January 1 - 30, I'll text you *twice* a day! You'll get one text in the morning, and one in the early evening.



How can I get help with my texts?

Reply to any text from Melissa with "Help" or email contact@nudgetext.com



Can you send the Whole30 rules again?

Yep! Reply to any message with "Rules" as often as you need them.



Will you read my text replies?

The Nudge team gets all your replies and passes the feedback to me (I love reading them), but I can't reply in real time. You can connect with me on Instagram, though! Drop a comment or send a DM to @melissa_hartwig.



Which Whole30 book best compliments the Whole30 Nudge?

The Whole30; with all the how-to and more than 100 recipes, but visit w30.co/w30-which-book for a more detailed review of all 7 books.



Are Nudge texts different than *Whole30 Day by Day*?

Yep, totally different. Nudge texts are more personal; focused on motivation and mindset. Day by Day is more practical, includes a detailed timeline and guided journaling space for each day.



Where can I find recipe inspiration?

Our books (*The Whole30*, *The Whole30 Cookbook*, *The Whole30 Fast and Easy*, *The Whole30 Slow Cooker*), @Whole30Recipes on Instagram, or on our website at whole30.com/recipes



How about other free resources?

You can find free downloads, like our full meal planning template, label-reading guide, dining out guide, and travel guide, at whole30.com/pdf-downloads



Where do I ask Whole30 questions?

First, Google! Chances are it's been answered. If not, the forum (forum.whole30.com) is our free hub for questions. Finally, you can leave a comment on our social media posts or send a DM, and we'll do our