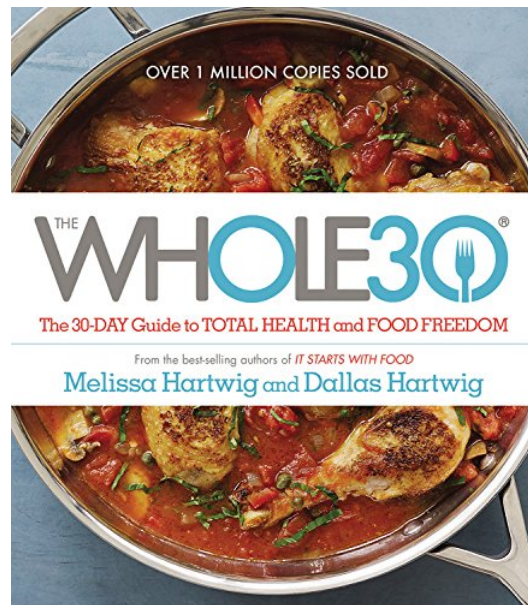


[Free PDF File] The Whole30: The 30-Day Guide to Total Health and Food Freedom



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Over 1 million copies sold! Millions of people visitWhole30.com every month and share their dramatic life-changing testimonials. Get started on your Whole30 transformation with the #1 New York Times best-sellingTheWhole30. Since 2009, MelissaHartwig s critically-acclaimed Whole30 program has quietly led hundreds of thousands of people to effortless weight loss and better health along with stunning improvements in sleep quality, energy levels, mood, and self-esteem.The program accomplishes all of this by specifically targeting people s habits and emotional relationships with food. The Whole30 is designed to help break unhealthy patterns of behavior, stop stress-related comfort eating, and reduce cravings, particularly for sugar and carbohydrates. Many Whole30 participants have described achieving food freedom in just thirty days. Now, TheWhole30 offersa stand-alone, step-by-step plan to break unhealthy habits, reduce cravings, improve digestion, and strengthen your immune system.The Whole30prepares participants for the program in fiveeasy steps, previews a typical thirtydays, teaches the basic meal preparation and cooking skills needed to succeed, and provides a month s worth of recipes designed to build confidence in the kitchen and inspire the taste buds.Motivating and inspiring with just the right amount of signature tough love,The Whole30features real-life success stories, an extensive quick-reference FAQ, detailed elimination and reintroduction guidelines, and more than 100 recipes using familiar ingredients, from simple one-pot meals to complete dinner party menus.

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