

**The Whole30: The 30-Day Guide to Total Health and Food Freedom** Over 1 million copies sold! Millions of people visit Whole30.com every month and share their dramatic life-changing testimonials. Get started on your Whole30 transformation with the #1 New York Times best-selling The Whole30. Since 2009, Melissa Hartwig'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, The Whole30 offers a stand-alone, step-by-step plan to break unhealthy habits, reduce cravings, improve digestion, and strengthen your immune system. The Whole30 prepares participants for the program in five easy steps, previews a typical thirty days, 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 Whole30 features 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. ...more The Whole30: The 30-Day Guide to Total Health and Food Freedom PDF ebook

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