

# Leggi Ebooks The Whole 30 Dallas Hartwig & Melissa Hartwig PDF, EPUB, Mobi



**THE WHOLE30**

The 30-DAY Guide to TOTAL HEALTH and FOOD FREEDOM

From the bestselling authors of IT STARTS WITH FOOD

Melissa Hartwig and Dallas Hartwig



Leggi ebooks The Whole 30 Dallas Hartwig & Melissa Hartwig PDF, EPUB, mobi, The healthy-eating cookbook that's been on the *New York Times* Bestseller List for TWO YEARS! Get on the path to better health, effortless weight loss, and incredible improvements in sleep quality, energy, and mood with THE WHOLE 30.

Melissa and Dallas Hartwig are the authors of *New York Times* bestseller IT STARTS WITH FOOD, which has taken America by storm, and the founders of the Whole 9, an online community focused on health, fitness, and sanity serving 1.5 million visitors a month.

Their new book THE WHOLE 30 provides all the resources you need to reset your health. Based on Paleo diet principles, this is not a traditional diet book but a way to implement lasting change in your life by eating real food for 30 days. With the measurements and products in the book fully adapted for UK readers, with no conversions needed, it couldn't be easier to start cooking and improve your life. By following the WHOLE 30 programme, the authors argue that you can reclaim your health and transform your relationship with food in the long term. The authors' positive empowering message and the health benefits and weight loss this programme can bring make this book potentially life changing.

Motivating and inspiring with just the right amount of Dallas' and Melissa's signature tough love, THE WHOLE 30 features real-life success stories, answers to common questions, 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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