



The Whole30 Cookbook: 150 Delicious and Totally Compliant Recipes to Help You Succeed with the Whole30 and Beyond

By Melissa Hartwig

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Still think the Whole30 is a diet? Not with recipes like these.

The groundbreaking Whole30 program has helped countless people transform their lives by bringing them better sleep, more energy, fewer cravings, weight loss, and new healthy habits that last a lifetime. In this cookbook, best-selling author and Whole30 co-creator Melissa Hartwig delivers over 150 all-new recipes to help readers prepare delicious, healthy meals during their Whole30 and beyond.

- More than 150 recipes for main dishes, sides, dressings, and sauces
- Tips to simplify, plan, and prepare meals to save time and money
- Variations to turn one easy dish into two or three meals

Whether you've done the Whole30 once or five times—or just want to make a variety of satisfying, nourishing meals—this book will inspire you to change your life in 30 days with the Whole30 program.

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Editorial Review

Review

“Say good-bye to mundane meals with *The Whole30 Cookbook*. These mouthwatering recipes will help you reset your health while filling your life with delicious good food.”

—**DANIELLE WALKER**, *New York Times* best-selling author of *Against All Grain* and *Meals Made Simple*

“As a food nerd who lives to eat, it’s important that my lifestyle is as tasty as it is healthy. The Whole30 completely changed the game for me and gave me a fresh start in more ways than one, and with *The Whole30 Cookbook*, you can reboot your life, too—one delicious, deprivation-free bite at a time.”

—**MICHELLE TAM**, *New York Times* best-selling author of *Nom Nom Paleo: Food for Humans*

“Melissa is the kind of person you’d love to have next to you at yoga class because she gives excellent advice, knows the best stuff to eat, and says just the right thing to turn your day around. Lucky for all of us, her expert guidance is readily available on bookshelves everywhere. Add this book to your arsenal and crush your next Whole30!”

—**MELISSA JOULWAN**, author of the best-selling *Well Fed* cookbooks

“Delicious is now synonymous with healthy thanks to Melissa’s latest book. These gorgeous recipes truly defy the odds by being flavorful to the taste buds, nourishing to the body, and fulfilling to the tummy—all at the same time.”

—**ALI MAFFUCCI**, *New York Times* best-selling author of *Inspiralized*

“Hartwig, a sports nutritionist and cocreator of the Whole30 diet plan, packs her fourth book on the subject with 150 recipes that are, as the cover proclaims in all-caps, “totally compliant.” That means heavy emphasis on eggs, meat, fish, and fresh vegetables, but no grains, dairy, legumes or added sugars. Whether or not one buys into Whole30, there is no denying that Hartwig has come up with a clever array of healthy and flavorful dishes. Highlights include Asian beef zoodle (zucchini noodles) soup, which is similar to Vietnamese pho but uses zucchini noodles, and grilled Jamaican jerk salmon with fresh mango salsa. Many of the recipes come courtesy of guest cooks from various food blogs. For instance, Michelle Smith, from the Whole Smiths blog, contributes cherry-chipotle BBQ chicken thighs, with the fruit providing the sweetness and ground chipotle bringing the heat. Veteran food and cocktail photographer Brent Herrig drives home the point that a burger served on a tomato slice is as delectable as one on a bun, and that meatballs do just fine in a cream sauce made with coconut milk. (Dec.)” —**Publishers Weekly**

About the Author

MELISSA HARTWIG is a Certified Sports Nutritionist who specializes in helping people change their relationship with food and create life-long, healthy habits. She is the *New York Times* bestselling co-author of *It Starts With Food* and *The Whole30* and has been featured by the *Today Show*, *Dr. Oz*, the *Wall Street Journal*, *Outside*, and *SELF*. Melissa has presented more than 150 health and nutrition seminars worldwide and shares resources with, writes articles for, and provides support to more than 2 million people a month through the Whole30 website and social media feeds. She lives in Salt Lake City, Utah.

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Pamela Brock:

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Margaret Morales:

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Helen Jackson:

Your reading 6th sense will not betray you actually, why because this The Whole30 Cookbook: 150 Delicious and Totally Compliant Recipes to Help You Succeed with the Whole30 and Beyond publication written by well-known writer whose to say well how to make book that could be understand by anyone who all read the book. Written inside good manner for you, still dripping wet every ideas and writing skill only for eliminate your current hunger then you still question The Whole30 Cookbook: 150 Delicious and Totally Compliant Recipes to Help You Succeed with the Whole30 and Beyond as good book not merely by the cover but also with the content. This is one guide that can break don't determine book by its protect, so do you still needing an additional sixth sense to pick this specific!? Oh come on your studying sixth sense already said so why you have to listening to an additional sixth sense.

William Vong:

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