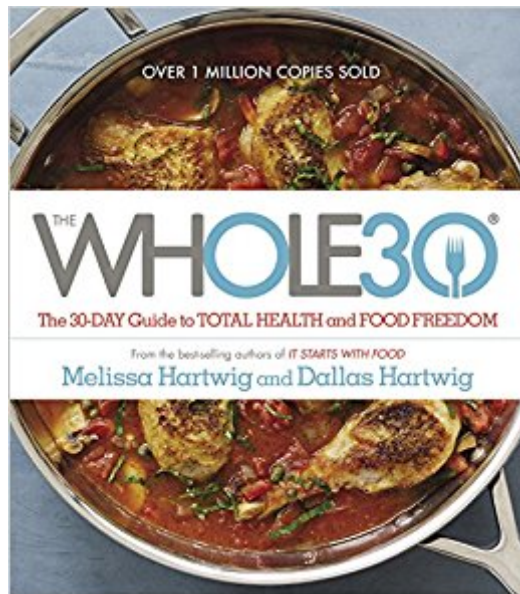




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# The Whole30: The 30-Day Guide To Total Health And Food Freedom



## Synopsis

Millions of people visit [The Whole30.com](#) every month and share their stories of weight loss and lifestyle makeovers. Hundreds of thousands of them have read *It Starts With Food*, which explains the science behind the program. At last, *The Whole30* provides the step-by-step, recipe-by-recipe guidebook that will allow millions of people to experience the transformation of their entire life in just one month. Melissa and Dallas Hartwig's critically-acclaimed Whole30 program has helped hundreds of thousands of people transform how they think about their food, bodies, and lives. Their approach leads to effortless weight loss and better health along with stunning improvements in sleep quality, energy levels, mood, and self-esteem. Their first book, the *New York Times* best-selling *It Starts With Food*, explained the science behind their life-changing program. Now they bring you *The Whole30*, a stand-alone, step-by-step plan to break unhealthy habits, reduce cravings, improve digestion, and strengthen your immune system. *The Whole30* features more than 100 chef-developed recipes, like Chimichurri Beef Kabobs and Halibut with Citrus Ginger Glaze, designed to build your confidence in the kitchen and inspire your taste buds. The book also includes real-life success stories, community resources, and an extensive FAQ to give you the support you need on your journey to "food freedom."

## Book Information

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## Customer Reviews

View larger Grilled Coconut-Curry Chicken from The Whole30 Serves 2 | Prep Time: 15 minutes | Cook Time: 15 minutes | Total Time: 30 minutes Don't pour all the curry

sauce over the chicken; once the mixture has come into contact with the raw meat, you have to throw it out. Instead, place your chicken in a shallow bowl, and pour a little of the sauce over the chicken. Brush or rub it evenly over the meat, then flip and repeat on the other side. Save the extra sauce to drizzle over the top of this dish before serving, or use it to top tomorrow night.

For chicken, shrimp, or vegetables. To make the curry sauce, melt the cooking fat in a saucepan over medium heat and swirl to coat the bottom of the pan. When the fat is hot, add the onion and cook, stirring, until translucent, 2 to 3 minutes. Add the garlic and stir until it becomes aromatic, about 30 seconds. Add the curry powder and stir for 15 to 20 seconds, taking care that the garlic and curry powder don't burn. Add the tomatoes and simmer until thickened, about 5 minutes. Transfer the contents of the pan to a food processor or blender and puree until smooth. Pour into a mixing bowl and let cool. Mix in the coconut cream, salt, and pepper. Place the chicken in a shallow bowl. Pour some of the sauce over the chicken and brush it on each side. Preheat a grill to high heat (500°F). Remove the chicken from the curry sauce and discard the extra sauce. Add the chicken, breast-side down, to the grill and sear until golden brown, about 2 minutes. (When the meat is properly seared it will pull off the grates very easily, so don't rush this step.) Turn the chicken over so the bone side is down and place over indirect heat. Cover with the grill lid and continue to cook until the internal temperature of the chicken is 160°F, or the breast meat springs back when pressed with a finger. This will take 10 to 15 minutes, depending on thickness. Let the chicken rest for 5 minutes. Serve with a squeeze of lime juice and the reserved curry sauce. Note: Coconut Cream: To make coconut cream, take a can of full-fat coconut milk and put it in the refrigerator for an hour or two—although we recommend leaving at least one can in the fridge at all times for emergency coconut cream situations. (That is something that can actually happen on the Whole30.) When you open the can, the cream will have risen to the top and become solid, while the coconut water remains at the bottom of the can. Just scoop out the thick stuff at the top and use it in recipes that call for coconut cream. You can also find prepared coconut cream or “culinary coconut milk” at some health food stores, but why would you pay extra when the only thing required to make your own is opening your refrigerator? Note: If you don't have a grill, you can bake the chicken in the oven. Turn the oven to Broil (or 500°F), and place the raw chicken in a baking dish. Sear the chicken in the oven for 5 minutes. Reduce the oven temperature to 350°F. Brush the chicken with the curry sauce and finish cooking in the oven for 10 to 15 minutes (depending on thickness), until the internal temperature reaches 160°F. Ingredients 3 tablespoons cooking fat 1/2 onion,

finely diced    2 cloves garlic, minced    1 tablespoon yellow curry powder    1 cup canned crushed tomatoes    1/2 cup coconut cream (see Note below)    1 teaspoon salt    1/2 teaspoon black pepper    1.5 pounds bone-in, skin-on, split chicken breasts (2 pieces)    1 lime, quartered

“The Whole30 has transformed the lives of thousands of people around the world. I can recommend this program highly enough.” • CHRIS KRESSER, New York Times best-selling author, Your Personal Paleo Code “The Whole30 will change your relationship with food for a lifetime.” • EVA TWARDOKENS, two-time U.S. Olympian, alpine skiing “The Whole30 is an easy-to-use, step-by-step guide designed to get you to your Primal or Paleo goals with ease, convenience, and the greatest possible enjoyment of food and life.” • MARK SISSON, creator of the Primal Blueprint and MarksDailyApple.com “The Whole30 is a game-changer. Good-bye, low energy, chronic pains, and muffin top! I’ve never felt better, stronger, happier, or more energized.” • MICHELLE TAM, New York Times best-selling author, Nom Nom Paleo: Food for Humans “With this book, you can give yourself or someone you love the essential tools to a healthier, happier life. If nothing else has worked for you, try The Whole30.” • ROBB WOLF, New York Times best-selling author, The Paleo Solution

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. Dallas Hartwig is a Certified Sports Nutritionist, licensed physical therapist, and functional medical practitioner who specializes in treating lifestyle-related hormonal, digestive, and metabolic health issues. In 2012, he co-authored the New York Times bestselling book It Starts With Food and founded his functional medicine practice, mentoring under Dr. Daniel Kalish and enrolling in the Institute for Functional Medicine’s certification program. Dallas has presented more than 200 health and nutrition seminars worldwide, is a member of the PaleoF(x) Advisory Board and Fitwall advisory boards, and provides support and lifestyle recommendations to more than 1.5 million people a month through the Whole30 and Whole9 websites.

This book has simply changed my life. I know that you aren't supposed to weigh yourself on this program, but weighing myself is a motivator so I decided to skip that rule. It's only been two weeks and already I feel so much better. I am more alert in the mornings and my acid reflex is gone. In addition, my migraines seemed to have disappeared entirely. What is really motivating me is the fact that I lost 15 pounds and 10 overall inches in two weeks. I also love the fact that I have the energy to exercise again. I look forward to continuing this program even after my 30 days are up. I just feel that healthy and energetic! I'll post an update once my 30 days are complete. :) Update: So today is day 18 on my Whole30 journey. I just wanted to let you guys know that there is a lot of cooking involved with this program. I'm actually tired of cooking, which is why I started making large meals to freeze for the week. It actually works out well for me, especially since I don't mind eating the same food everyday. I've also been drinking a lot of tea and water. I feel like it is helping to flush out more toxins from my body. I have been approximately four days since my previous review and I lost an additional 2 pounds on this journey. I have so much energy that I actually am unable to sit still like I used to. I guess I was depressed before going on this journey so the Whole30 has actually improved my mood as well. I go for a walk every day and I've actually started a new workout program! Update: So I just finished Day 23 of my Whole30 Journey and I feel good, aside from the fact that I caught a cold. Weighing myself today, I discovered that I lost 19.5 pounds so far! I measured myself and immediately noted that I lost 19 inches over all (I measure my chest, both arms, both legs, waist, and hips). I think when I am done with my first round, I'll take a day off then start a second round. I just feel that great overall. Update: So I just finished my first whole30 round and I have to say that I'm super excited by the results. When I hopped on the scale today, I noticed that I had lost 26.6 pounds. I then measured myself and noted that I lost a total of 31.5 inches (-5" from chest, -2" from right arm, -3.5" from left arm, -8" from waist, -5" from hips, -4" from right thigh, and -4" from left thigh). I am really excited by my results! I plan to have a celebratory dinner tonight (likely a gluten free pizza from papa Murphy's), then I will start my second round of whole30 tomorrow. I think that I might actually reach my goal of losing 50 pounds by August! I'll keep you guys posted! If you have any questions, feel free to comment. I will do my best to answer them. :)

This book is exactly what I have been looking for. Instead of trying to keep track of all the continual debates on diet, the authors have created a plan for you to find out what works best for you (as well as what makes you feel like junk.) The 30 days were difficult, don't get me wrong, but it was so empowering to resist my cravings! I sleep better, have a better mood, lost weight and fat so now I

look lean and muscular! (Confession: I used to work out everyday but once I started the program I didn't have enough time to exercise so no, I didn't reach these results from hitting the gym; it's all about food.) It is a lot of work and a lot of time spent in the kitchen so I recommend that you wait until the time is right for you. You should give the program 100% effort and if you are too stressed, busy, or just don't have the time to make all of this homemade food you will probably get discouraged and fall off track. But if you think you can fit it into your life, get a support group together and start right away, it will change your life! Last thing: the recipes are phenomenal! I have been in a cooking rut for the past year and these recipes have cured me. I was so shocked that meal after meal was a delight to eat. So even if you don't do the program this is a worth-while purchase for the recipes alone. Just make sure you actually follow the entire recipe... Imitations, substitutes, and cutting corners will result in food with a lot less flavor. There's also lots of cooking hints hidden throughout all of the recipes that will change the way you cook, and therefore how your food tastes!

i lost so much weight on this diet, did it for like a year. went from a size 14 to a size 4

Hi, my name is Meg and I'm a chronic failure when it comes to dieting. (hi, meg!) The absolute BEST thing about Whole30 is that it simply is not a diet. I first stumbled upon Whole30 after two different friends--from two different friend circles--discussed this 30 day "plan" they were completing. As one girl whined and moaned about not being able to chew gum, I naturally took that as a challenge and thought: I'll do this Whole30 and not be such a baby about it. I read the Whole30 blog, I used Instagram as a means to gather additional recipes and helpful hints, and ten days later, I began day one. Surprisingly, I found it to be the BEST THING THAT EVER HAPPENED to my little round self. I gained confidence, learned that I do have the ability to say "no" to food cravings, discovered a myriad of new recipes, cured all of my PCOS symptoms (regular menstrual cycles for the first time in ten years and no cysts), and as a bonus, dropped 2 pants sizes. As a child, I was in and out of the hospital with stomach pains and problems (I'll spare all the details) and after following Melissa & Dallas' Whole30, I ate sans stomach aches for the first time EVER. Truly, I did not know that was possible. For my entire life eating a meal meant some level of pain/discomfort while my food digested. Not anymore! Also, chronic migraines: gone! Whole30 can be a challenge, but it isn't hard. It's worth it. About this book: LAWD, HAVE MERCY! It's beautiful. I'm leaving it on my coffee table forever. (Confession: I did, in fact, walk back and forth from my kitchen to my coffee table while I cooked tonight because I didn't want to risk getting food on the new pages. It's brand new and I'm in love, okay?) It presents all information necessary to complete Whole30, informs one about all rules,

discusses the importance of following the rules, and provides a plethora of recipes and resources. (They went above and beyond here, people.) The photography is amazing. The typography is stunning. The recipes are delicious. And, may I say again that the book is just so incredibly BEAUTIFUL? From one wonder woman to another wonder (wo)man, you must buy the book. Give Whole30 a try. (If all else fails, you'll have a stunning book on display to let all your guests see how "healthy" you are.) But really, Whole30. Just do it. (Also, I'd love to answer any additional questions you may have regarding this book or the purchase of this book. instagram: @roemeg)

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