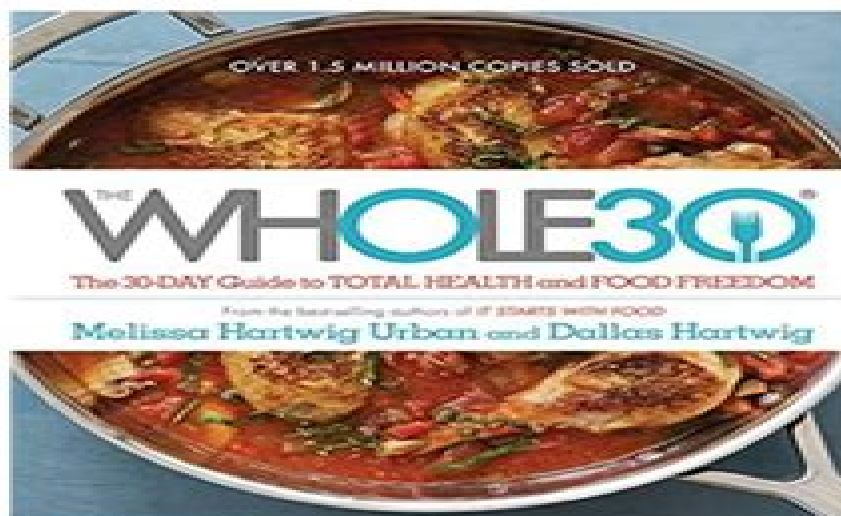


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The Whole30 The 30 Day Guide To Total Health And Food Freedom

Melissa Hartwig Urban



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with food with the Whole30 With four Whole30 cookbooks and thousands of free recipes it's never been easier to make Whole30 meals at home but navigating social gatherings can feel daunting You can honor your health commitments while enjoying time with family and friends and this book shows you exactly how The Whole30 Friends Family is packed with recipes for all of life's special moments from birthdays to baby showers barbecues to brunches All of the recipes are Whole30 compliant designed to mix and match to create the perfect menu whether you're hosting or contributing a dish as a guest And in true Whole30 style the recipes are creative colorful and so flavorful that your guests will never miss the added sugar Each menu includes everything you need for the perfect gathering snacks dips shareable bites main courses sides and festive drinks The Whole30 Friends Family will show you how to navigate gatherings provide tips and tricks to make every social situation a success and offer full menus for special occasions like dinner parties date night and friendsgiving These fun creative meals will make social gatherings a breeze and let you effortlessly share your Whole30 experience with those you love

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The Whole30's Food Freedom Forever Melissa Hartwig Urban, 2016-10-04 The New York Times best selling book End the yo yo dieting cycle forever Millions of people have successfully completed the groundbreaking Whole30 program and radically transformed their energy sleep cravings waistline and health But after your Whole30 how do you make sure those new healthy habits actually stick In this New York Times best selling book Melissa Hartwig defines food freedom as being in control of the food you eat instead of food controlling you The Whole30 helps you jump start the process but as anyone who's dieted knows holding on to that freedom and creating healthy habits that last is the hard part The Whole30's Food Freedom Forever offers real solutions for breaking the cycle of yo yo dieting and the resulting stress weight gain uncontrollable cravings and health complaints In her detailed 3 part plan Melissa shows you how to discover food freedom for yourself no matter how out of control you feel walk a self directed path that keeps you in control for months on end gracefully recover when you slip back into old habits and create the kind of food freedom that stays with you for the rest of your life The Whole30's Food Freedom Forever walks you through the Whole30 program and teaches you how to customize your reset for improving and stabilizing energy getting a handle on stubborn sugar cravings reducing systemic inflammation and fine tuning your vegan diet You'll learn how to spot your specific triggers before they're pulled and new strategies for dealing with temptation strengthening your new healthy habits and boosting your willpower Melissa also shares advice for retaining your food freedom during holidays vacations periods of life stress social pressure and skepticism from friends and

family By the last page you ll have a detailed plan for creating the perfect diet for you finding your own healthy balance and maintaining the kind of control that brings you real food freedom every day **The Whole30 Cookbook** Melissa Hartwig Urban,2016 Delicious and totally compliant recipes to get people through the wildly popular Whole30 and beyond

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