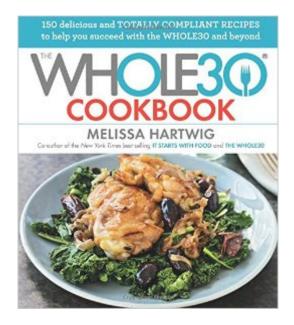
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The Whole30 Cookbook: 150 Delicious And Totally Compliant Recipes To Help You Succeed With The Whole30 And Beyond





Synopsis

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 saucesTips to simplify, plan, and prepare meals to save time and moneyVariations to turn one easy dish into two or three meals Whether youâ [™]ve done the Whole30 once or five timesâ "or just want to make a variety of satisfying, nourishing mealsâ "this book will inspire you to change your life in 30 days with the Whole30 program.

Book Information

Hardcover: 320 pages Publisher: Houghton Mifflin Harcourt (December 6, 2016) Language: English ISBN-10: 0544854411 ISBN-13: 978-0544854413 Product Dimensions: 8 x 9 inches Shipping Weight: 1 pounds (View shipping rates and policies) Best Sellers Rank: #699 in Books (See Top 100 in Books) #7 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #18 in Books > Health, Fitness & Dieting > Nutrition #19 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

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