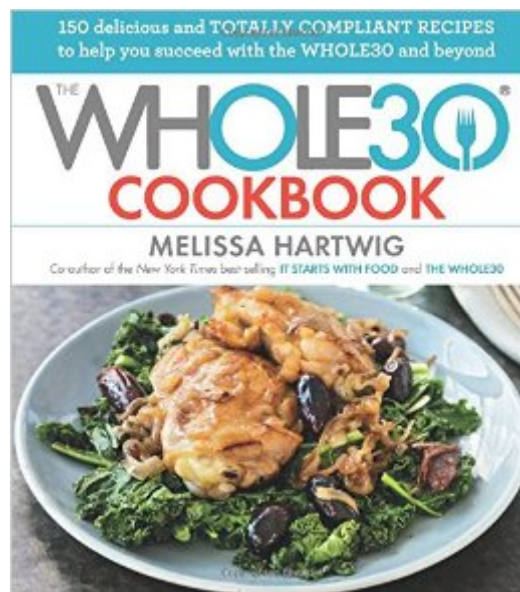


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The Whole30 Cookbook: 150 Delicious And Totally Compliant Recipes To Help You Succeed With The Whole30 And Beyond



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 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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