

## The Whole 30 The Official 30 Day Guide To Total Health And Food Freedom

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Get on the path to better health, effortless weight loss, and incredible improvements in sleep quality, energy, and mood with THE WHOLE 30. Melissa and Dallas Hartwig are the authors of New York Times bestseller IT STARTS WITH FOOD, which has taken America by storm, and the founders of the Whole 9, an online community focused on health, fitness, and sanity serving 1.5 million visitors a month.

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What is the Whole30 ®. The Whole30 has been changing lives since 2009, when co-founder Melissa Hartwig Urban blogged about a 30-day dietary experiment that transformed her health, habits, and emotional relationship with food.

[Home - The Whole30® Program](#)

The Whole30® Program Plan for Whole30 Success. Since April 2009, millions of people have successfully completed the Whole30 ® program with stunning, life-changing results. This is a summary of the official rules of the Whole30, plus some extra motivation from Melissa.

[The Whole30® Program - The Whole30® Program](#)

We changed the official Whole30 rules in August 2014 to include all varieties of potatoes—white, red, Yukon gold, purple, fingerling, baby, sweet potatoes, yams, etc. Feel free to boil, bake, roast, pan-fry, grill, microwave, or steam them, but no store-bought potato chips or restaurant French fries; that's completely against the spirit of the Whole30.

[The Official "Can I Have" Guide to Whole30 Compatible Foods](#)

Hullo! My mom and I are doing the whole 30 (day 13 currently), and we bought some fresh shrimp from the deli counter the other day. Problem is that it has "sodium polyphosphate" in it. I looked it up, and from what I saw I thought it was a preservative, so we tossed it in the freezer.

[The Official "Can I Have..." Guide to the Whole30 - Page 2 ...](#)

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Get your Whole30 Starter Kit. Sign up for Whole30 email, and we'll send you the Whole30 Starter Kit: a printable version of the Whole30 program rules, the Meal Planning template, and 15 recipes from Melissa's cookbooks.

[Do the Whole30 - The Whole30® Program](#)

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Whole30 is a 30-day (duh) clean-eating plan designed to revamp your eating habits by cutting out certain foods. And yes, we're talking about some foods that are super hard to give up: dairy, sugar,...

[Whole30 Diet for Beginners: What is Whole30, Food List ...](#)

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