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~~REVIEW: WHOLE 30
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*Wednesday Checkup
Whole30 Diet Creator
Shares Her Easy
Recipes and Cooking
Tips Doctor Tries*

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~~Whole30 Challenge (it was ROUGH)~~

Whole 30: What They Don't Tell You +

Whole 30 Results

Whole30 Diet Review | Autoimmune Paleo

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Melissa Hartwig,

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by Day" \u0026 "The

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~~Whole30 Diet~~

~~Debunked Whole30~~

~~Diet Creator Shares~~

~~Her Easy Recipes~~

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~~Videos Whole30 Diet~~

~~Review – Before~~

~~& After Has Us~~

~~Shook! WATCH THIS~~

~~Before Starting~~

~~Whole30!~~

~~WHOLE30® TIPS~~

~~From Melissa Hartwig~~

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~~| Thrive Market PIZZA~~

~~FRIES (BECAUSE~~

~~WHY NOT?) | SAM~~

~~THE COOKING GUY~~

~~WHAT I EAT IN A~~

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~~recipes MY~~

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~~Journey 2020 Whole~~

~~30| WHAT I EAT IN A~~

~~DAY ON Whole 30|~~

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~~Recipe Paleo vs~~

~~Whole30: Which is~~

~~the right approach for~~

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~~Melissa Hartwig The~~

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founders of the Whole
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on health, fitness, and
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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.

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Whole30 Success.

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changing results. This
is a summary of the
official rules of the

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Whole30, plus some
extra motivation from
Melissa.

The Whole30®

Program - The

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We changed the
official Whole30 rules
in August 2014 to
include all varieties of
potatoes—white, red,
Yukon gold, purple,
fingerling, baby,

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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

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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,

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so we tossed it in the freezer.

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Melissa's cookbooks.

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(duh) clean-eating
plan designed to
revamp your eating
habits by cutting out

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certain foods. And yes, we're talking about some foods that are super hard to give up: dairy, sugar,...

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