

# THE WHOLE30 HANDBOOK

YOUR OFFICIAL GUIDE to the WHOLE30® PROGRAM



*"The Whole30 will change  
your relationship with food  
for a lifetime."*

— EVA TWARDOKENS,  
two-time U.S. Olympian,  
alpine skiing

by DALLAS and MELISSA HARTWIG  
with Chef Richard Bradford

# The Whole30 Handbook

**Ying-Ying Zheng**



## **The Whole30 Handbook:**

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