

THE **WHOLE30**®

DAY

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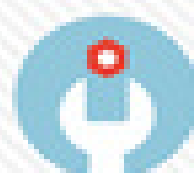
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**Your Daily Guide to
Whole30 Success**

MELISSA HARTWIG

Best-selling co-author of The Whole30

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Whole30 Day by Day: Your
Daily Guide to Whole30
Success (pdf) Melissa
Hartwig**

Book details

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Synopsis book

Tips, hacks, advice, and inspiration to help you achieve Whole30 success every day of the program

The Whole30 Day by Day is the essential companion to the New York Times bestseller The Whole30; a daily handbook to keep you motivated, inspired, accountable, and engaged during your Whole30 journey. Its like having Whole30s own Melissa Hartwig coaching you through the Whole30 one day at a time, sharing a day-by-day timeline, personal motivation, community inspiration, habit hacks, and meal tips. Plus, each day offers guidance for self-reflection, food journaling, and tracking your non-scale victories to keep your momentum going and help you plan for the days to come. The Whole30 Day by Day also serves as a quick-reference guide for the program: keeping the rules handy, sharing helpful resources, and walking you through the important reintroduction phase, one day at a time. Youll carry it everywhere during the program, using it to stay accountable and motivated during the 30 days, and

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Melissa Hartwig**

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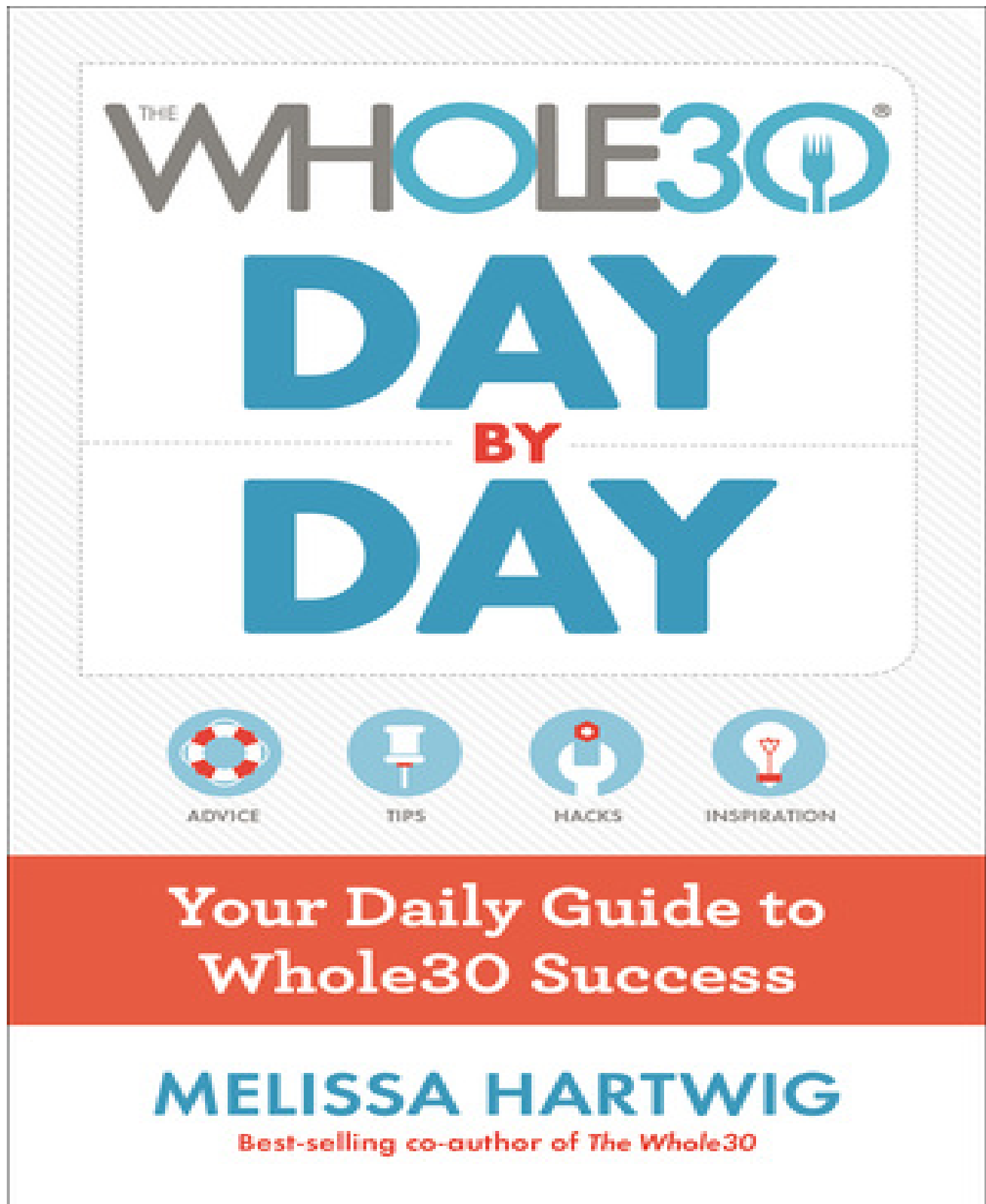
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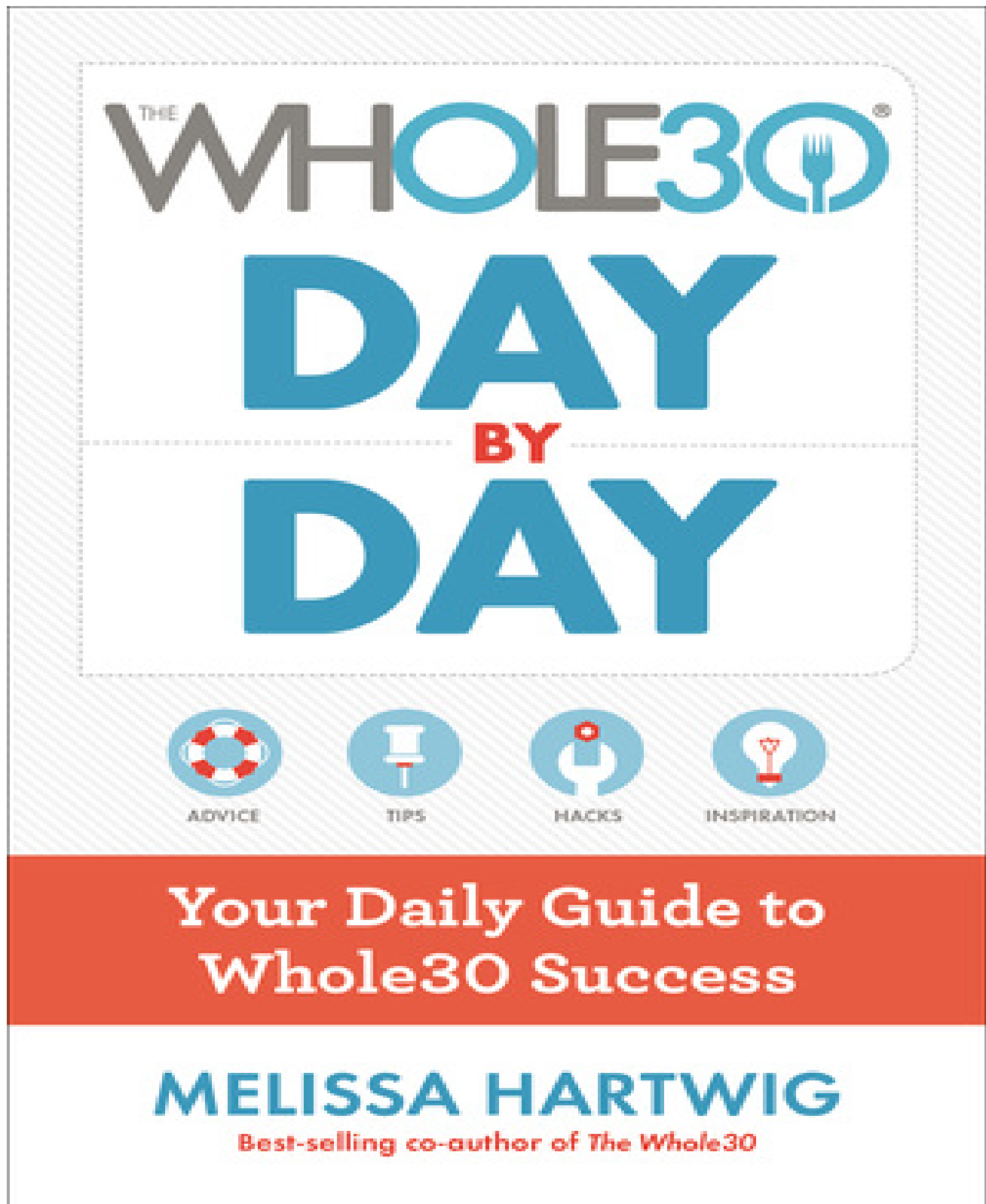
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