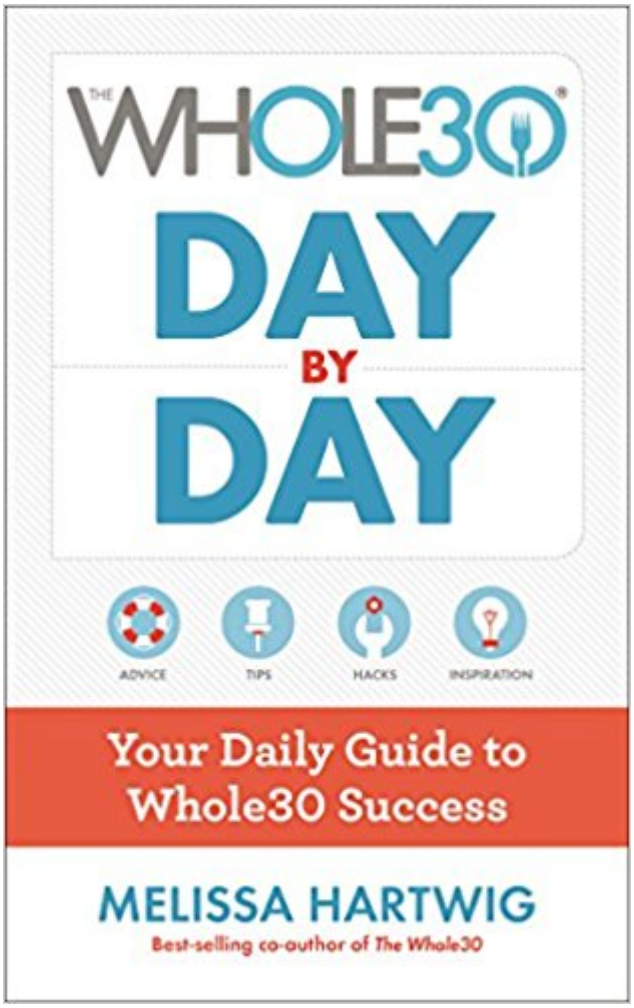
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The Whole30 Day By Day: Your Daily Guide To Whole30 Success



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Synopsis

Tips, hacks, advice, and inspiration to help you achieve Whole30 success every day of the programÃ Â The Whole30 Day by Day is the essential companionÃ Â to the New York Times bestseller The Whole30; a daily handbook to keep you motivated, inspired, accountable, and engaged during your Whole30 journey. ItÃ¢â ¬â„¢s like having Whole30Ã¢â ¬â„¢s 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 victoriesÃ Â 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. YouÃ¢â ¬â„¢ll carry it everywhere during the program, using it to stay accountable and motivated during the 30 days, and letting the observations and reflections you record guide your food freedom plan long after your Whole30 is over. Ã Â

Book Information

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Customer Reviews

MELISSA HARTWIG is a Certified Sports Nutritionist who specializes in helping people change their relationship with food and create life-long, healthy habits. She is theÃ Â New York TimesÃ Â bestselling co-author ofÃ Â It Starts With FoodÃ Â andÃ Â The Whole30Ã Â and has been featured by theÃ Â Today Show,Ã Â Dr. Oz, theÃ Â Wall Street Journal,Ã Â Outside, andÃ Â SELF. Melissa has presented more than 150 health and nutrition seminars worldwideÃ Â and shares resources with, writes articles for, and provides support to more than 2

million people a month through the Whole30 website and social media feeds. She lives in Salt Lake City, Utah.

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