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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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