

**The Whole30: The 30-Day Guide To Total Health And
Food Freedom By Melissa Hartwig;Dallas Hartwig**

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over 30 days of Whole30 recipes Did you know that Dallas and Melissa have a new book coming out in April 2015 that s the official guide to The Whole30?

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Melissa hartwig cookbooks, recipes and biography

Biography: Melissa Hartwig and Dallas Hartwig are the authors of US hit It Starts With Food and Melissa is a Certified Sports Nutritionist through the International

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