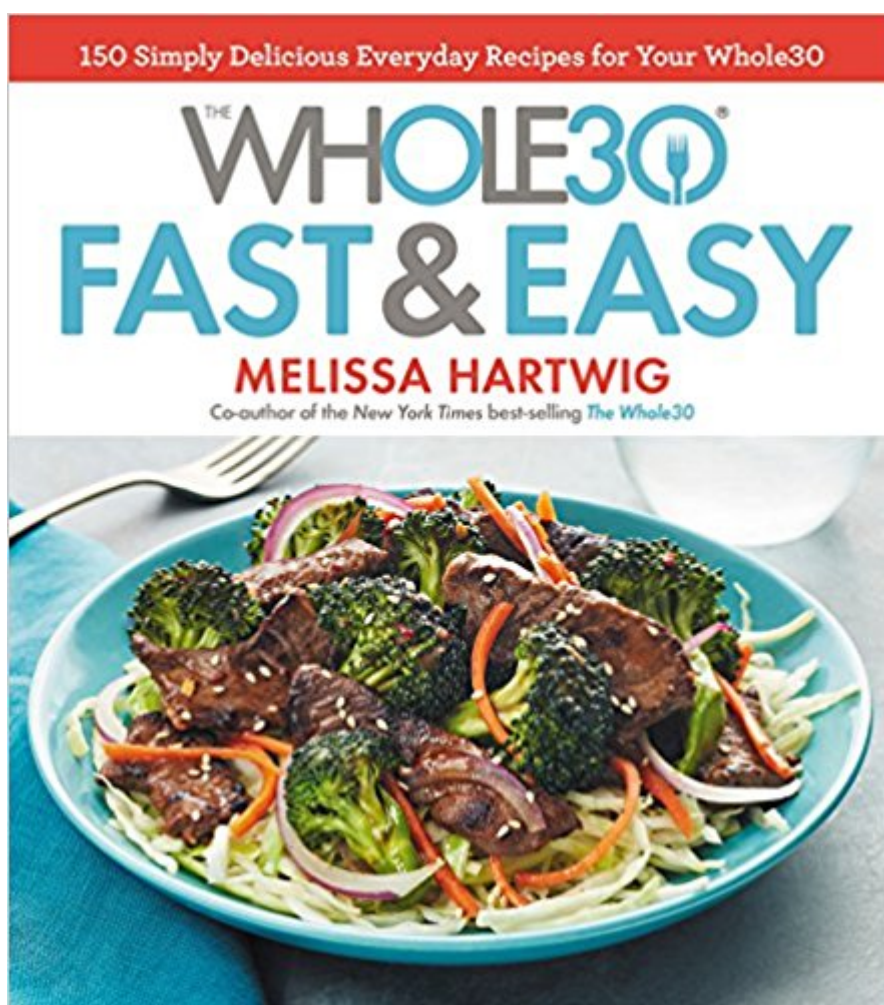


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# The Whole30 Fast & Easy Cookbook: 150 Simply Delicious Everyday Recipes For Your Whole30



## Synopsis

Featuring 150 all new, Whole30-compliant recipesâall fast and easy to prepare Millions of people have transformed their lives with Whole30, yet co-creator Melissa Hartwig wants to make it even easier to achieve Whole30 successâwith delicious, compliant, fast, and easy recipes. This follow-up to the best-selling *The Whole30 Cookbook*Â is packed recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle. *The Whole30 Fast and Easy Cookbook* features: Recipes perfect for weeknight cooking, lunches in a hurry, and hearty breakfasts that still get you out the door on time Nearly effortless skillet meals, stir-fries, sheet-pan suppers, and slow-cook and no-cook meals, most of which can be made in 30 minutes or less Creative, delicious meals using widely-available ingredients found in any supermarket Melissa&#39;s favorite kitchen hacks, designed to save time and money while maximizing flavorÂ Whether youâre doing your first Whole30 or your fifth, or just looking for some healthy, fast, and easy recipes to try, this collection is a must-have for any kitchen. Â

## Book Information

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âelf you fed me every single recipe in this book, it would never occur to me once that anything was âmissing.â I would, however, have been mystified why my body, joints, and mind were operating like a well-oiled machine when Iâd been eating like a freaking queen. I love food like a treasured family member, and Whole30 was a wonder for my body and soul.â •â JEN HATMAKER, New York Times best-selling author of *Of Mess and Moxie* âMelissa has done it again! No matter if youâre doing a Whole30 or not, you need this book. This collection of fabulous new recipes is tailor-made for busy folks who crave nourishment without sacrificing flavor, variety, or the most

precious commodity of all time! Bravo! • MICHELLE TAM, New York Times best-selling cookbook author and creator of Nom Nom Paleo • You don't have to spend hours in the kitchen to feed your family healthy, home-cooked meals. These simple but delicious recipes will stay in your weeknight rotation long after your Whole30 is over. • DANIELLE WALKER, New York Times best-selling author of Against All Grain, Meals Made Simple, and Celebrations •

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 the New York Times bestselling co-author of It Starts With Food and The Whole30 and has been featured by the Today Show, Dr. Oz, the Wall Street Journal, Outside, and SELF. Melissa has presented more than 150 health and nutrition seminars worldwide 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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