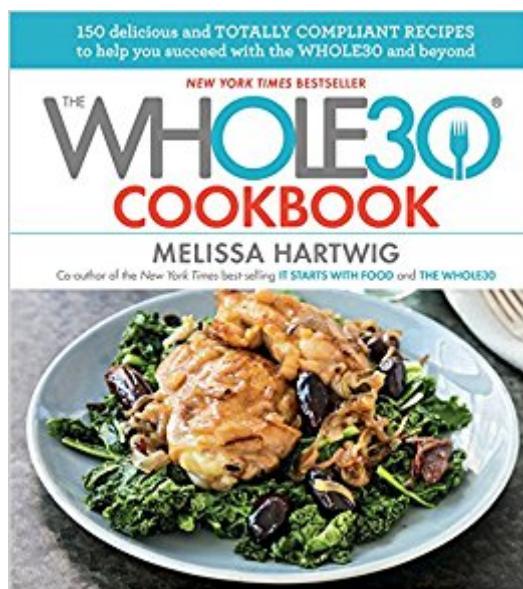


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# The Whole30 Cookbook: 150 Delicious And Totally Compliant Recipes To Help You Succeed With The Whole30 And Beyond



## Synopsis

Still think the Whole30 is a diet? Not with recipes like these. The groundbreaking Whole30 program has helped countless people transform their lives by bringing them better sleep, more energy, fewer cravings, weight loss, and new healthy habits that last a lifetime. In this cookbook, best-selling author and Whole30 co-creator Melissa Hartwig delivers over 150 all-new recipes to help readers prepare delicious, healthy meals during their Whole30 and beyond. More than 150 recipes for main dishes, sides, dressings, and sauces. Tips to simplify, plan, and prepare meals to save time and money. Variations to turn one easy dish into two or three meals. Whether you've done the Whole30 once or five times—or just want to make a variety of satisfying, nourishing meals—this book will inspire you to change your life in 30 days with the Whole30 program.

## Book Information

Hardcover: 320 pages

Publisher: Houghton Mifflin Harcourt (December 6, 2016)

Language: English

ISBN-10: 0544854411

ISBN-13: 978-0544854413

Product Dimensions: 8 x 1 x 9 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 440 customer reviews

Best Sellers Rank: #138 in Books (See Top 100 in Books) #2 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #6 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #6 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

Chicken with Bitter Greens, Caramelized Pears & Shallots from Whole30 Cookbook Serves 2 | Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes Pairing the sweetness of fruit—*in this case, pears*—with mildly bitter greens such as radicchio and escarole creates a wonderful balance of flavors. Directions Make the Pears: Preheat the oven to 425° F. Place the pears in a baking pan and drizzle with the olive oil. Lightly season with salt and pepper. Roast the pears for 20 to 25 minutes, turning once or twice, until tender and beginning to caramelize. Let cool. Make the Chicken: While the pears are baking, place the chicken breasts between two pieces of plastic wrap and use the flat side of a meat

mallet to flat. Flatten them to [1/4] -inch thickness. In a shallow dish, combine the coconut flour, almond flour, Italian seasoning, garlic powder, lemon peel, and salt. In another shallow dish, whisk together the egg and water. Dip the chicken into the egg mixture, then into the seasoned flour to coat both sides. Heat the olive oil in a large skillet over medium heat. Add the chicken and cook until golden, 2 to 3 minutes per side, adding more oil if needed. Make the Salad: In a small bowl, whisk together the olive oil, vinegar, shallot, mustard, salt, and pepper. Place the radicchio and escarole in a large bowl; drizzle with some of the vinaigrette and toss to mix. Serve the roasted pears on top of the salad and sprinkle with walnuts. If desired, drizzle with more of the vinaigrette. Serve the chicken with the salad.

Ingredients

|   |   |                            |
|---|---|----------------------------|
| 2 Bosc pears, peeled, cored, and cut lengthwise into 8 wedges each      | 1 tablespoon extra-virgin olive oil (for pears)     | Salt and black pepper      |
| 2 boneless, skinless chicken breast halves (6 to 8 ounces each)         | 1/4 cup coconut flour                               |                            |
| 1/4 cup almond flour  | 1 tablespoon Italian seasoning, crushed             | 1/2 teaspoon garlic powder |
| 1/4 teaspoon dried lemon peel   | 1/4 teaspoon salt                                   | 1 large egg                |
| 1/4 teaspoons extra-virgin olive oil, plus more if needed (for chicken) | 1/4 cup extra-virgin olive oil (for salad dressing) | 1 tablespoon water         |
| 3 tablespoons apple cider vinegar                                       | 2 teaspoons finely chopped shallot                  | 1                          |
| 1 teaspoon Whole30-compliant Dijon mustard                              | 1/4 teaspoon salt                                   | 1/8 teaspoon black pepper  |
| 1/2 small head radicchio, torn into bite-size pieces                    | 1/2 small head escarole, torn into bite-size pieces |                            |
| 2 tablespoons chopped walnuts, toasted                                  |   |                            |

“Say good-bye to mundane meals with The Whole30 Cookbook. These mouthwatering recipes will help you reset your health while filling your life with delicious good food.”

“DANIELLE WALKER, New York Times best-selling author of Against All Grain and Meals Made Simple”

“As a food nerd who lives to eat, it’s important that my lifestyle is as tasty as it is healthy. The Whole30 completely changed the game for me and gave me a fresh start in more ways than one, and with The Whole30 Cookbook, you can reboot your life, too.”

“MICHELLE TAM, New York Times best-selling author of Nom Nom Paleo: Food for Humans”

“Melissa is the kind of person you’d love to have next to you at yoga class because she gives excellent advice, knows the best stuff to eat, and says just the right thing to turn your day around. Lucky for all of us, her expert guidance is readily available on bookshelves everywhere. Add this book to your arsenal and crush your next Whole30!”

“MELISSA JOULWAN, author of the best-selling Well Fed cookbooks”

“Delicious is now synonymous with healthy thanks to Melissa’s latest book. These gorgeous recipes truly defy the odds by being flavorful to the

taste buds, nourishing to the body, and fulfilling to the tummy—â•all at the same time.â•  
â•ALI MAFFUCCI, New York Times best-selling author of *Inspiralized* â•Hartwig, a sports nutritionist and cocreator of the Whole30 diet plan, packs her fourth book on the subject with 150 recipes that are, as the cover proclaims in all-caps, â•totally compliant.â• That means heavy emphasis on eggs, meat, fish, and fresh vegetables, but no grains, dairy, legumes or added sugars. Whether or not one buys into Whole30, there is no denying that Hartwig has come up with a clever array of healthy and flavorful dishes. Highlights include Asian beef zoodle (zucchini noodles) soup, which is similar to Vietnamese pho but uses zucchini noodles, and grilled Jamaican jerk salmon with fresh mango salsa. Many of the recipes come courtesy of guest cooks from various food blogs. For instance, Michelle Smith, from the Whole Smiths blog, contributes cherry-chipotle BBQ chicken thighs, with the fruit providing the sweetness and ground chipotle bringing the heat. Veteran food and cocktail photographer Brent Herrig drives home the point that a burger served on a tomato slice is as delectable as one on a bun, and that meatballs do just fine in a cream sauce made with coconut milk. (Dec.)â•â• Publishers Weekly

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 theâ• New York Timesâ• best-selling co-author ofâ• *It Starts With Food*â• andâ• *The Whole30*â• and has been featured by theâ• *Today Show*,â• Dr. Oz, theâ• *Wall Street Journal*,â• *Outside*, andâ• *SELF*. Melissa has presented more than 150 health and nutrition seminars worldwideâ• 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.

I was very excited to get this book but am putting this in the "just ok" category. That said, I'm normally a huge Whole 30 fan and use the recipes from the Whole30: 30 Day Guide... all the time. Something that I appreciated from the 30 Day Guide was the simplicity of the recipes, most were kid friendly and included lots of one pot meals that work for busy people. That is not the case with the new recipe book. Some points I wish were different: 1) Many of the recipes are complicated, like REALLY complicated. Some requiring as many as 20 ingredients to complete. Others require uncommon ingredients, which will likely not be reused, especially if there isn't another recipe in the book asking for it. Something I appreciated in the 30 Day Guide was that ingredients were frequently used in more than one recipe so they were worth the investment. 2) There is a big step up

in the use of tree nuts in the cookbook. I never really got why tree nuts would be included in an anti-inflammatory diet when they are one of the more common allergens. Aside from that, I'm super allergic to tree nuts (need an epi-pen) so this was, personally, lame for me. Nuts were easy to avoid in 30 Day Guide but many more recipes include them in the cookbook.3) A lot of the recipes are what some would consider "exotic" and may need to be sold to kids. Sure, not everyone buying the book has kids but a lot of us do so let's keep it simple. I appreciate some exotic dishes (especially Indian and African foods) here and there and I encourage my kids to try variety but... really... I need more simple recipes that won't meet opposition. Simple, uncomplicated foods without a tons of strong spices. Complicated dishes are appreciated in moderation in cookbooks, not nearly every recipe. All this said, I still think it's worth buying if you are looking for more variety in your Whole 30 meals. I think the least complicated section is breakfast and lots of them look delicious. However, anticipate that this cookbook may surprise some people who were used to the recipes and format from the 30 Day Guide. This one is definitely more work. I would love to see one like the 30 Day Guide, with more one pot meals, "make it a meal" options, etc...

I LOVE Whole30. I preach it and I live it. The reason I am only posting 3 stars is because I am really disappointed in this cookbook, which I anticipated for months. I love crockpot meals and soups, and this didn't hardly have anything like that. Most of these meals did not look very appetizing. I don't want to have to purchase odd ingredients for that 1 meal and you'll be doing that with every one of these recipes. I hope they come out with another cookbook that focuses more on altering the more common meals that we are comfortable with.

This book was a surprise hit for me! I fÃ¢ll be honest, I wasn't expecting much, and only bought it because I was actually doing a Whole30 in January 2017 (it went great! I recommend it! I assume you're thinking about it if you're reading this review). We've been vegetarian for about 7 years, so eating and cooking so much meat, well, let's just say I needed some help. The first thing I was impressed with? The recipes are very creative! They are easy to follow, don't take a lot of time (I have a baby and a toddler and work from home), I particularly loved the slow-cooker recipes that make extra (beef roast, etc) that is then used for different recipes later in the week. Genius! Melissa makes liberal use of spices, and as a spice blender myself, A Gneiss Spice Everything Spice Kit: 24 Magnetic Jars Filled with Standard Organic Spices / Hanging Magnetic Spice Rack (Large Jars, Silver Lids), nothing could make me

happier. And when I say liberalÃ¢â€šâ€œ I mean, this book uses 50 different spices, herbs and seasonings. Some other reviewers stated the recipes call for hard to find ingredients. I disagree; besides the occasional call for capers or fennel bulb, most everything can be found at your local store. Spices on the other hand, there are a few that you might need to source online if you donÃ¢â€šâ€œt have a gourmet foods market near you. If you were to make all the recipes in the Whole30 Cookbook, youÃ¢â€šâ€œd need:Ã¢â€šâ€œ allspice (ground)Ã¢â€šâ€œ ancho chiliÃ¢â€šâ€œ arrowrootÃ¢â€šâ€œ basilÃ¢â€šâ€œ bay leavesÃ¢â€šâ€œ Cajun\*Ã¢â€šâ€œ carawayÃ¢â€šâ€œ cayenneÃ¢â€šâ€œ cinnamon (ground)Ã¢â€šâ€œ chia seedsÃ¢â€šâ€œ chili (seasoning blend)\*Ã¢â€šâ€œ chipotleÃ¢â€šâ€œ cloves (ground)Ã¢â€šâ€œ coriander (ground)Ã¢â€šâ€œ coriander (seeds)Ã¢â€šâ€œ cream of tartarÃ¢â€šâ€œ cumin (ground)Ã¢â€šâ€œ cumin (seeds)Ã¢â€šâ€œ curry (powder)Ã¢â€šâ€œ dillÃ¢â€šâ€œ dukkah\*Ã¢â€šâ€œ fennel (seeds)Ã¢â€šâ€œ garam masala\*Ã¢â€šâ€œ garlic (granules)Ã¢â€šâ€œ garlic saltÃ¢â€šâ€œ ginger (ground)Ã¢â€šâ€œ harissaÃ¢â€šâ€œ herbes de provenceÃ¢â€šâ€œ italian seasoning\*Ã¢â€šâ€œ jerk (seasoning / no sugar)\*Ã¢â€šâ€œ lemon peel (ground)Ã¢â€šâ€œ mustard (ground)Ã¢â€šâ€œ nutmeg (ground)Ã¢â€šâ€œ nutritional yeastÃ¢â€šâ€œ onion (granules)Ã¢â€šâ€œ oreganoÃ¢â€šâ€œ paprika (sweet)Ã¢â€šâ€œ paprika (smoked)Ã¢â€šâ€œ pepper (ground black)Ã¢â€šâ€œ peppercorns (whole black)Ã¢â€šâ€œ parsleyÃ¢â€šâ€œ ras el hanout\*Ã¢â€šâ€œ red pepper flakesÃ¢â€šâ€œ rosemaryÃ¢â€šâ€œ sageÃ¢â€šâ€œ sesame seedsÃ¢â€šâ€œ tarragonÃ¢â€šâ€œ thymeÃ¢â€šâ€œ turmericÃ¢â€šâ€œ sea salt (coarse)\*Some of the seasonings (cajun, chili seasoning, dukkah, garam masala, Italian, jerk, ras el hanout,) you can blend yourself if you already own the other spices on the list. Of these 50 spices, the essential, most often used ones are coarse sea salt, cracked pepper, smoked paprika, Italian seasoning, fennel seeds, cayenne, onion granules, garlic granules and ground cumin. However, you better have ras el hanout (or the spices to blend it) because it was hands-down the best chicken IÃ¢â€šâ€œve ever had (Moroccan Chicken with Carrot-Pistachio Slaw, page 143). Check out the photos we posted with our review, and don't skip making the accompanying Carrot Slaw!The other highlight recipes for me: Shakshuka (pg. 25), Beef and Sweet Potato Chili (pg. 33)Ã¢â€šâ€œ we ate that all week for lunch, Slow-Cooker Italian Beef Roast (pg 43)Ã¢â€šâ€œ we use later for other meals like Poached Eggs with Salsa Verde

(pg. 44), Mediterranean Bison Burger (pg. 53), Slow-Cooked Moroccan Spices Shredded Beef (pg. 61), Thai Beef Curry with Green Beans (pg. 77), Pork Posole with Tostones (pg. 87), Chipotle BBQ Chicken Thighs (pg. 128), Grilled Jamaican Jerk Salmon (pg. 192), Mexican Salmon Cakes (pg 198), Dukkah-Crusted Brussel Sprouts (pg. 224). The first thing you should make from this book? Red Curry Roasted Cauliflower (pg. 242). We've made it FIVE TIMES since we got the book. Super easy and so delicious. If you follow us @gneisssspice on instagram, you'll see dozens of posts of the meals I made from this book. I highly recommend this book, especially if you are debating a Whole30. Nothing is worse than trying to stick to the strict rules, and then have no idea what to eat for dinner. My only complaint about the book would be no mention of portion sizes. I had to head over to their website to find suggestions (they have a cool graphic for this, not sure why they didn't include it in the book).

The Carnita recipe is EVERYTHING!!!!!! I enjoyed going through this book and tried a few of the recipes. You will see some weird ingredients that may not be sold at your local grocery store but I'm a firm believer of omitting stuff you can't read or don't know! Most times, I stick with the basics and just throw in extra garlic. On the whole, I absolutely enjoyed making dishes from this book and it gave me a better relationship (if you will) with foods that I normally would go out to eat.

Skipped the program book since I went with the Organic Health Protocol reboot instead but want to continue a healthy way of eating. Good quality book construction and design and I paged through the entire book after receipt and nearly flagged every page with the recipes I want to try! Eating well does not mean sacrificing flavors - wish there were 100 more recipes in the book, but this is a good start.

Bought this book for my second round of Whole30. Didn't use it like I thought I would. Although there are some decent recipes in here, I found most of them to be a little more time consuming than I had time for. Especially since I could find just about anything I wanted on Facebook or pinterest. I did however love the sauces section in the book. We still keep the book in the kitchen just in case.

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