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By Melissa Hartwig;Dallas Hartwig .pdf**

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Times bestselling authors Dallas Hartwig and Melissa 30-Day Guide to Total Health and Food Freedom. article-I'm on day 22 of my 3rd Whole30

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The whole30 : the 30-day guide to total health and food freedom, Melissa Hartwig and Dallas Hartwig. 9780670069538 (bound), Toronto Public Library

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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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