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It Starts With Food is the go-to manifesto for people interested in the Whole 30 program. While the details of what s involved in the program are freely available online, the book is a worthwhile investment.

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**It Starts With Food The Whole30 Program**

It Starts With Food outlines a clear, balanced, sustainable plan to change the way you eat forever and transform your life in unexpected ways. Your success story begins with The Whole30, Dallas and Melissa Hartwig s powerful 30-day nutritional reset.

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It Starts With Food outlines a clear, balanced, sustainable plan to change the way you eat forever and

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### **It Starts With The Food**

And welcome to It Starts With The Food. This is your space to discover the ketogenic lifestyle and how I can help you find your "happy." You'll find that all of my advice, recipes, guidance, and tough love (when necessary) come from my real-life journey, from being where you are now to here.

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