



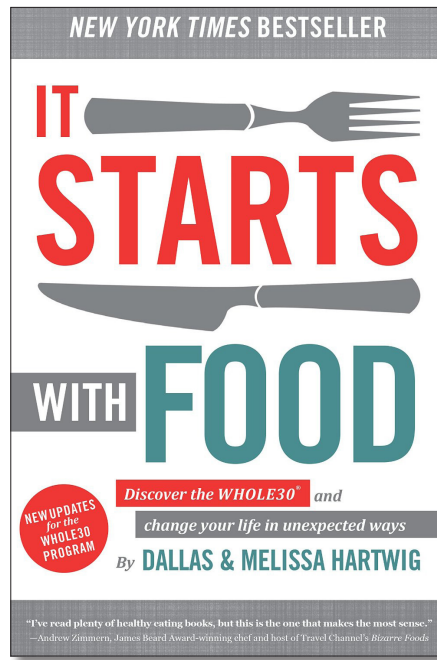
# THE WHOLE30<sup>®</sup>

The 30-DAY Guide to TOTAL HEALTH and FOOD FREEDOM

From the best-selling authors of *IT STARTS WITH FOOD*

Melissa Hartwig and Dallas Hartwig





## Praise for *It Starts with Food*

“I’ve read plenty of healthy eating books, but this one is the one that makes sense.”

—**Andrew Zimmern**, James Beard Award-winning chef and host of Travel Channel’s *Bizarre Foods*

“Here is the nutrition book we’ve been waiting for. *It Starts with Food* gives us common sense and counseling to help you break through the barriers and figure out your own optimal diet.”

—**Emily Deans, M.D.**, Harvard Medical School

“This book provides the nutritional foundation to help my athletes achieve their performance goals, while guiding my everyday clients towards radically improved health and quality of life.”

—**Eva Twardokens**, two-time U.S. Olympian, six-time National Champion, alpine skiing

“Need some tough love leaning up a lousy diet? Dallas and Melissa Hartwig ask that you enlist in their 30-day boot camp—and you’ll emerge a brand-new person.”

—**Los Angeles Times**

# spinach frittata

## SERVES 2

**PREP TIME:** 10 minutes

**COOK TIME:** 10 to 15 minutes

**TOTAL TIME:** 20 to 25 minutes

6 large eggs, beaten

¼ teaspoon salt

¼ teaspoon pepper

2 tablespoons cooking fat (melted ghee, clarified butter, or coconut oil; or extra-virgin olive oil)

½ onion, diced

1 cup diced tomato

1 bag baby spinach (organic if possible), roughly chopped

Grated zest and juice of ¼ lemon

If you don't have an oven-safe skillet, you can cook the frittata in a regular pan on the stovetop, then transfer the frittata to a Pyrex dish to broil—just grease the bottom and sides of the dish with coconut oil or ghee. Feel free to double this recipe, as your frittata will reheat beautifully the next day. Or enjoy it cold! A slice is a really easy and delicious on-the-go breakfast or lunch.

SET the oven to broil (or preheat to 500°F).

IN a mixing bowl, whisk the eggs with the salt and pepper.

HEAT a large oven-safe skillet over medium heat. Add the cooking fat to the pan and swirl to coat the bottom. When the fat is hot, add the onion and tomato and cook, stirring, for 2 to 3 minutes, until softened. Add the spinach and let it wilt for 30 seconds. Add the eggs and fold them into the vegetables with a rubber spatula. Cook, without stirring to let the eggs set on the bottom and sides of the pan, for 3 to 4 minutes, until the eggs are set but still appear wet. Sprinkle the lemon juice and lemon zest over the top.

TRANSFER the pan with the eggs to the oven and broil 6 inches from the heat (or bake in the preheated oven) for 3 to 5 minutes, until the top is golden brown. Cut into slices and serve hot out of the pan.

★ **VARIATIONS** *Mix and match vegetables and meat to vary the flavors of your frittatas. Try making it Mexican (spiced cooked ground beef, thinly sliced jalapeños, diced tomato, and cilantro), Italian (cooked sausage, red peppers, onions, and basil), Greek (cooked chicken, sun-dried tomatoes, black olives, and artichoke hearts), or use any leftover meat and vegetables you happen to have in your fridge for a kitchen sink frittata.*



# seared salmon eggs benedict

## SERVES 2

**PREP TIME:** 15 minutes

**COOK TIME:** 10 minutes

**TOTAL TIME:** 25 minutes

2 salmon fillets (5 ounces each), skin removed

1 teaspoon salt

½ teaspoon pepper

3 tablespoons cooking fat (melted ghee, clarified butter, coconut oil, or extra-virgin olive oil)

2 large eggs, poached (see page 000)

½ cup Hollandaise (page 000)

1 pinch cayenne pepper

**It's important that the fat be very hot to properly sear fish. To test, sprinkle some salt into your cooking fat. When the salt sizzles, your fat is ready.**

PREHEAT the oven to 350°F.

SEASON both sides of salmon evenly with the salt and pepper. In a medium oven-safe skillet, heat the cooking fat over medium-high heat, swirling to coat the bottom of the pan. When the fat is hot, add the salmon fillets skinned side down. Sear the salmon for 3 to 4 minutes, until you see the edges start to pull away from the pan. Slide a metal spatula under each fillet and turn. (If they are ready, they will come off with little effort, so don't rush this step! If the fillets don't readily release, allow another minute before turning them over.)

TRANSFER the pan to the oven and bake for 5 to 7 minutes, until the salmon is just cooked through. Check often, as thicker salmon takes longer to cook. White "curd" (protein) will show on the sides of salmon when fully cooked. Transfer the cooked salmon to a plate.

PLACE the poached eggs over the salmon fillets and top evenly with the hollandaise. Top with a dash or two of cayenne pepper.

**★ SKINNING SALMON** *To remove the skin from salmon, place the fillet skin-side down on a flat surface. Pressing gently on the top of the fillet to hold it in place, slide a sharp knife between the skin and the flesh closest to your body. While holding on to the flap of skin you just created, slide the knife away from you, separating the skin from the flesh. Discard the skin. Most fish markets and health food stores will skin your fish for you, so feel free to ask your fishmonger for this service before he wraps up your purchase.*



# steak salad with cilantro-lime mayo

## SERVES 2

**PREP TIME:** 20 minutes

**MARINATE TIME:** 1 to 8 hours

**COOK TIME:** 20 minutes

**TOTAL TIME:** 40 minutes plus marinating

½ cup extra-virgin olive oil

4 limes, juiced

¼ cup finely diced onion

2 cloves garlic, minced

2 tablespoons roughly chopped fresh cilantro

1 teaspoon mustard powder

1 pound beef (flank steak, sirloin, or strip steak)

4 cups salad greens

1 avocado, split lengthwise, pitted, peeled, and cut into large dice

1 tomato, cut into large dice

1 bell pepper (organic if possible), seeded, ribs removed, and cut into large dice

½ cup Cilantro-Lime Mayo (page 000)

You can easily swap out the steak for chicken, shrimp, salmon, or cod. Chicken can marinate for the same amount of time, but seafood should only “soak” for 20 minutes—any longer and the acid from the lime juice will start to turn the fish to mush. For a vegetarian version, use hard-boiled eggs in place of meat.


TO make the marinade in a food processor, combine the olive oil, lime juice, onion, garlic, cilantro, and mustard and blend on low speed. Place the beef in a resealable plastic bag or a nonreactive bowl with a lid and add the marinade. Seal the bag or cover the bowl and marinate in the refrigerator for 1 to 8 hours; more is better, especially for tougher cuts of meat. (Feel free to leave your steak marinating overnight, or start your dinner prep in the morning before work.)

REMOVE the steak from the refrigerator 30 minutes before cooking. Preheat the oven to 350°F. Heat a grill to high heat or heat a heavy skillet over high heat on the stovetop. Line a baking sheet with foil.

REMOVE the beef from the marinade; discard the marinade. On the grill, or in a skillet on the stovetop, sear the beef over high heat for 2 to 3 minutes each side, until browned. Transfer the beef to the prepared baking sheet, and roast in the oven for 8 to 15 minutes (depending on thickness) to desired doneness. Let the steak rest for 5 to 10 minutes, then thinly slice.

WHILE the beef rests, toss the salad greens with the avocado, tomato, and bell pepper in a large bowl, then divide between 2 plates.

PLACE slices of steak on top of the greens. Add 1 tablespoon water (or more) to the cilantro-lime mayo and mix thoroughly, until it’s the consistency of salad dressing. Drizzle the dressing over the steak and salad and serve.

 **SALAD GREENS** You may want to choose a heartier green for this dish to stand up to the warm steak and bold dressing. Try romaine, endive, or arugula, or make a bed of baby spinach or ribbon-cut kale in colder months. If you’re serving your leftovers cold, a butter head lettuce variety (butter, Boston or Bibb) would be delicious.



# thai cucumber cups with turkey

## SERVES 2

**PREP TIME:** 20 minutes

**COOK TIME:** 15 minutes

**TOTAL TIME:** 35 minutes

2 cloves garlic, minced

1 tablespoon minced fresh ginger

½ jalapeño chile pepper (organic if possible), seeded and minced

Grated zest and juice of 2 limes

1 cup extra-virgin olive oil

¼ teaspoon salt

¼ teaspoon pepper

½ cup cashews

1 cup roughly chopped button mushrooms

¼ cup finely diced bell pepper (organic if possible)

2 tablespoons thinly sliced green onion

1 pound ground turkey

4 cucumbers (organic if possible), hollowed into cups (see below)

2 tablespoons chopped fresh cilantro

The turkey, vegetable, and sauce mixture would be just as tasty served on a bed of crisp greens, in a hollowed-out bell pepper, or spooned on top of any of our breadless bun options on page 000—fork and knife required. It's also delicious reheated in the morning (and topped with a fried egg or two).

TO prepare the sauce, whisk together the garlic, ginger, jalapeño, and lime zest and juice in a medium non-reactive mixing bowl. Whisking, drizzle in ¾ cup of the olive oil. Whisk in the salt and pepper. Set aside.

IN a large skillet over medium-high heat, add 1 tablespoon of the olive oil and swirl to coat the bottom of the pan. When the fat is hot, add the cashews and toast, shaking the pan to keep them from burning, until lightly browned, 2 to 3 minutes. Transfer to a cutting board, roughly chop, and let cool.

IN the same skillet over medium-high heat, heat the remaining 3 tablespoons olive oil. Add the mushrooms and cook, stirring, for 3 to 5 minutes. Add the bell pepper, green onion, and turkey. Cook, breaking up the turkey with a spatula or wooden spoon and mixing it into the vegetables, for 7 to 10 minutes, until the turkey is thoroughly browned.

REMOVE the pan from the heat, add the sauce, and mix well. Sprinkle the chopped cashews into the turkey mixture.

SPOON the turkey mixture into the cucumber cups and top with the chopped cilantro.

★ **CUCUMBER CUPS** To make the cucumber cups, cut each cucumber into 3 rounds (approximately 2-inch-thick). Scoop out the inner flesh using a small spoon or small melon baller, but don't scoop out all the way through to the bottom, as the cups need to hold the meat mixture. Lightly salt the cucumber rounds and place on paper towels to drain.



# pork ribs with tangy bbq sauce

## SERVES 2

**PREP TIME:** 20 minutes

**MARINATING TIME:** 3 to 24 hours

**COOK TIME:** 1 hour 15 minutes

**TOTAL TIME:** 1 hour 35 minutes

**PLUS MARINATING** time

2 tablespoons dried oregano

1 teaspoon mustard powder

1 teaspoon onion powder

1 teaspoon garlic powder

1 tablespoon paprika

½ teaspoon cumin

1 teaspoon salt

1 teaspoon pepper

2 pounds slab pork ribs

1 cup chicken broth (page 000) or water

2 cups Tangy BBQ Sauce (page 000)

Feel like skipping a step? Tessemae's makes a Whole30-compliant BBQ Sauce. (See page 000 for where to find it in your area.)

**MAKE THE RUB:** Mix the oregano, mustard powder, onion powder, garlic powder, paprika, cumin, salt, and pepper in a small bowl. Set the ribs flesh-side up on a large piece of foil and coat evenly with the rub. Marinate in the refrigerator for 3 to 24 hours (the longer the better).

PREHEAT the oven to 300°F.

PLACE the ribs in a casserole or glass baking dish. Pour the chicken broth or water into the dish and cover with foil. Bake for 1 hour, or until the meat pulls back from the rib bones.

PREHEAT a grill to medium heat (350wF). Place the ribs directly over the heat and grill for 6 to 8 minutes on each side, until nicely charred. If you don't have a grill, increase the oven temperature to 475°F and cook the ribs for 10 minutes on each side.

REMOVE the ribs from the grill or oven and immediately baste with about 1 cup of the BBQ sauce. Serve with the remaining sauce.

**MAKE IT A MEAL:** This recipe goes great with a serving of Butternut Squash with Kale and Swiss Chard (page 000), Green Cabbage Slaw (page 000), or Roasted Sweet Potatoes (page 000).

★ **WHEN ARE THE RIBS DONE?** *While you should cook ribs to 180 to 190°F, a meat thermometer is not much help here: It is very hard to get an accurate measurement because the bones get in the way of measuring the temperature. A few ways to test whether your ribs are done: Pick up the slab with a pair of tongs and bounce them slightly. If they are ready, the slab will bow and be close to breaking. You can also poke a toothpick into the meat between the bones. When it slides in with little or no resistance (like with baked goods) your ribs are ready.*





The 30-DAY Guide to TOTAL HEALTH and FOOD FREEDOM

Dallas and Melissa Hartwig's critically-acclaimed Whole30 program has helped hundreds of thousands of people transform how they think about their food, bodies, and lives. Their approach leads to effortless weight loss and better health—along with stunning improvements in sleep quality, energy levels, mood, and self-esteem. Their first book, the *New York Times* best-selling *It Starts With Food*, explained the science behind their life-changing program. Now they bring you *The Whole30*, a stand-alone, step-by-step plan to break unhealthy habits, reduce cravings, improve digestion, and strengthen your immune system. *The Whole30* features more than 100 chef-developed recipes, like Chimichurri Beef Kabobs and Halibut with Citrus Ginger Glaze, designed to build your confidence in the kitchen and inspire your taste buds. The book also includes real-life success stories, community resources, and an extensive FAQ to give you the support you need on your journey to “food freedom.”



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**Dallas Hartwig** is a Certified Sports Nutritionist, licensed physical therapist, and functional medical practitioner. **Melissa Hartwig** is a Certified Sports Nutritionist. They authored the *New York Times* best-selling book *It Starts With Food*.

Visit [www.whole30.com](http://www.whole30.com)

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## Publicity Contact

Rebecca Liss  
[rebecca.liss@hmhco.com](mailto:rebecca.liss@hmhco.com)  
212-598-5729

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