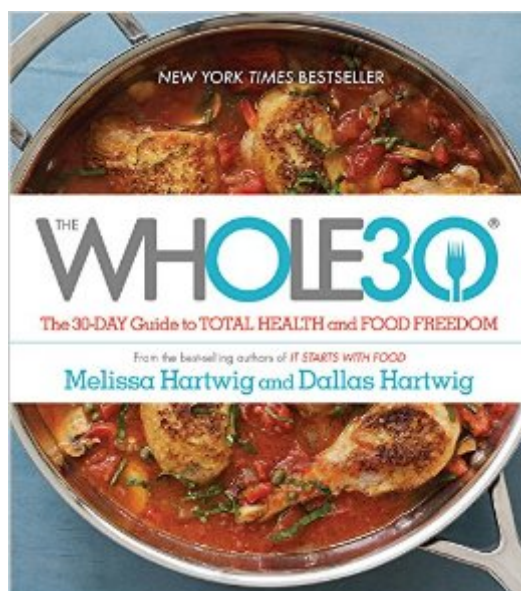


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# The Whole30: The 30-Day Guide To Total Health And Food Freedom



## Synopsis

Millions of people visit Whole30.com every month and share their stories of weight loss and lifestyle makeovers. Hundreds of thousands of them have read *It Starts With Food*, which explains the science behind the program. At last, *The Whole30* provides the step-by-step, recipe-by-recipe guidebook that will allow millions of people to experience the transformation of their entire life in just one month. Melissa and Dallas 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.

## Book Information

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## Customer Reviews

View larger Grilled Coconut-Curry Chicken from The Whole30 Serves 2 | Prep Time: 15 minutes | Cook Time: 15 minutes | Total Time: 30 minutes Don't pour all the curry sauce over the chicken; once the mixture has come into contact with the raw meat, you have to throw it

out. Instead, place your chicken in a shallow bowl, and pour a little of the sauce over the chicken. Brush or rub it evenly over the meat, then flip and repeat on the other side. Save the extra sauce to drizzle over the top of this dish before serving, or use it to top tomorrow night's chicken, shrimp, or vegetables. To make the curry sauce, melt the cooking fat in a saucepan over medium heat and swirl to coat the bottom of the pan. When the fat is hot, add the onion and cook, stirring, until translucent, 2 to 3 minutes. Add the garlic and stir until it becomes aromatic, about 30 seconds. Add the curry powder and stir for 15 to 20 seconds, taking care that the garlic and curry powder don't burn. Add the tomatoes and simmer until thickened, about 5 minutes. Transfer the contents of the pan to a food processor or blender and puree until smooth. Pour into a mixing bowl and let cool. Mix in the coconut cream, salt, and pepper. Place the chicken in a shallow bowl. Pour some of the sauce over the chicken and brush it on each side. Preheat a grill to high heat (500° F). Remove the chicken from the curry sauce and discard the extra sauce. Add the chicken, breast-side down, to the grill and sear until golden brown, about 2 minutes. (When the meat is properly seared it will pull off the grates very easily, so don't rush this step.) Turn the chicken over so the bone side is down and place over indirect heat. Cover with the grill lid and continue to cook until the internal temperature of the chicken is 160° F, or the breast meat springs back when pressed with a finger. This will take 10 to 15 minutes, depending on thickness. Let the chicken rest for 5 minutes. Serve with a squeeze of lime juice and the reserved curry sauce.

Note: Coconut Cream: To make coconut cream, take a can of full-fat coconut milk and put it in the refrigerator for an hour or two"although we recommend leaving at least one can in the fridge at all times for emergency coconut cream situations. (That is something that can actually happen on the Whole30.) When you open the can, the cream will have risen to the top and become solid, while the coconut water remains at the bottom of the can. Just scoop out the thick stuff at the top and use it in recipes that call for coconut cream. You can also find prepared coconut cream or culinary coconut milk at some health food stores, but why would you pay extra when the only thing required to make your own is opening your refrigerator? Note: If you don't have a grill, you can bake the chicken in the oven. Turn the oven to Broil (or 500° F), and place the raw chicken in a baking dish. Sear the chicken in the oven for 5 minutes. Reduce the oven temperature to 350° F. Brush the chicken with the curry sauce and finish cooking in the oven for 10 to 15 minutes (depending on thickness), until the internal temperature reaches 160° F.

Ingredients     3 tablespoons cooking fat     1/2 onion, finely diced     2 cloves garlic, minced     1  
tablespoon yellow curry powder     1 cup canned crushed tomatoes     1/2 cup coconut cream (see  
Note below)     1 teaspoon salt     1/2 teaspoon black pepper     1.5 pounds bone-in, skin-on, split

chicken breasts (2 pieces)    1 lime, quartered

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