

whole 30 diet book

whole 30 diet book has become an essential resource for individuals seeking a structured and effective approach to resetting their eating habits and improving overall health. This guidebook offers comprehensive insights into the Whole30 program, a popular 30-day dietary regimen designed to eliminate processed foods, sugars, grains, dairy, and legumes to promote better digestion, increased energy, and weight management. Readers can expect detailed explanations of the diet's principles, meal planning strategies, and tips for overcoming common challenges. Additionally, the book provides recipes, shopping lists, and motivational tools to support adherence throughout the 30-day period. By understanding the framework and benefits presented in the Whole30 diet book, individuals can make informed decisions and achieve sustainable lifestyle changes. The following sections will explore the key elements of the Whole30 diet book, including its history, guidelines, nutritional focus, meal ideas, and practical advice for success.

- Overview of the Whole30 Diet Book
- Core Principles and Guidelines
- Benefits of Following the Whole30 Diet
- Meal Planning and Recipes
- Common Challenges and Solutions
- Tips for Long-Term Success

Overview of the Whole30 Diet Book

The Whole30 diet book serves as a comprehensive manual for individuals interested in the Whole30 program. Authored by the creators of the Whole30 diet, this book provides a step-by-step guide to eliminating certain food groups for 30 days to identify potential food sensitivities and improve overall well-being. It combines scientific research with practical advice, making it accessible for beginners and experienced dieters alike.

Within the book, readers will find detailed explanations of the program's rules, the rationale behind food eliminations, and how to reintroduce foods after the 30-day period. The book also includes success stories and testimonials, underscoring the impact of the diet on various health conditions. Overall, the Whole30 diet book is designed to educate, motivate, and empower individuals to take control of their nutrition and health.

Core Principles and Guidelines

The Whole30 diet book emphasizes strict adherence to its core principles to maximize benefits. The program focuses on whole, unprocessed foods and eliminates sugar, alcohol, grains, legumes, dairy, and processed additives for 30 consecutive days. This elimination phase aims to reset the body's metabolism and identify foods that may cause inflammation or other adverse reactions.

Allowed and Restricted Foods

Understanding which foods are permitted and which are restricted is fundamental to the Whole30 diet book's guidelines. Allowed foods include:

- Vegetables of all kinds
- Fruits in moderation
- Unprocessed meats and seafood

- Eggs
- Natural fats such as olive oil and coconut oil
- Nuts and seeds (excluding peanuts)

Restricted foods encompass:

- Added sugars and artificial sweeteners
- Grains including wheat, rice, barley, oats, and corn
- Legumes such as beans, lentils, and peanuts
- Dairy products including milk, cheese, and yogurt
- Alcohol in all forms
- Processed foods and additives like carrageenan, MSG, and sulfites

Rules for Compliance

The Whole30 diet book outlines specific rules to ensure consistency and effectiveness, including:

1. No cheating or “slip days” during the 30-day period.
2. No recreating baked goods, junk foods, or treats with approved ingredients.
3. No weighing or measuring yourself during the program.

4. Focus on eating real, whole foods at every meal.
5. Reintroduction phase after 30 days to assess food sensitivities.

Benefits of Following the Whole30 Diet

The Whole30 diet book highlights numerous health benefits associated with the program. Adherents often report improved digestion, increased energy levels, better sleep quality, and reduced cravings for unhealthy foods. By eliminating inflammatory foods, many experience reduced symptoms of bloating, headaches, and skin problems.

Beyond physical health, the program encourages a healthier relationship with food, promoting mindful eating habits and awareness of how different foods affect the body. The structured nature of the Whole30 also supports weight loss and metabolic health, making it a popular choice for those seeking a comprehensive reset.

Scientific and Anecdotal Evidence

Though formal scientific studies on Whole30 are limited, the diet book references related research on the impact of processed foods, sugar, and common allergens on health. Additionally, numerous testimonials and case studies within the book provide anecdotal evidence of improvements in autoimmune conditions, digestive disorders, and mental clarity.

Meal Planning and Recipes

One of the key features of the Whole30 diet book is its extensive meal planning guidance and recipes tailored to the program's restrictions. The book offers simple, nutrient-dense recipes that are easy to prepare and designed to keep participants satisfied and energized.

Sample Meal Ideas

- Breakfast: Scrambled eggs with sautéed spinach and avocado slices
- Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, and olive oil dressing
- Dinner: Baked salmon with roasted Brussels sprouts and sweet potato
- Snacks: Raw almonds, fresh fruit, or sliced vegetables with compliant guacamole

Shopping Lists and Preparation Tips

The Whole30 diet book provides detailed shopping lists to help participants stock their kitchens with approved foods. It also offers meal prep strategies such as batch cooking and ingredient substitutions to simplify adherence. These practical tips reduce decision fatigue and support long-term compliance.

Common Challenges and Solutions

Following the Whole30 diet book can present challenges, especially for those new to restrictive eating plans. The book addresses common obstacles such as social situations, dining out, and cravings, offering practical solutions to maintain compliance.

Managing Social Events

The book advises planning ahead by bringing compliant dishes to gatherings, communicating dietary needs with hosts, and focusing on non-food related activities. It encourages participants to prioritize their health goals while remaining flexible and socially engaged.

Overcoming Cravings

Cravings for sugar or processed foods are common during the initial phase of the Whole30. The diet book recommends strategies such as staying hydrated, eating balanced meals rich in protein and healthy fats, and using natural flavor enhancers like herbs and spices to satisfy taste buds.

Tips for Long-Term Success

While the Whole30 diet book focuses on a 30-day reset, it also provides guidance for maintaining healthy habits beyond the program. It encourages mindful reintroduction of foods to identify sensitivities and advocates for continued consumption of whole, unprocessed foods.

Reintroduction Phase

After completing the initial 30 days, the book recommends systematically adding eliminated foods back into the diet one at a time. This process helps identify any adverse reactions and informs personalized dietary choices moving forward.

Building Sustainable Habits

The Whole30 diet book emphasizes the importance of long-term lifestyle changes over temporary diets. It suggests incorporating regular meal planning, cooking at home, and maintaining food awareness to support ongoing health and wellness.

Frequently Asked Questions

What is the Whole30 diet book about?

The Whole30 diet book outlines a 30-day nutritional reset program designed to eliminate sugar, alcohol, grains, legumes, soy, and dairy to help identify food sensitivities and promote overall health.

Who are the authors of the Whole30 diet book?

The Whole30 diet book is authored by Melissa Hartwig Urban and Dallas Hartwig, who developed the Whole30 program.

What are the main benefits mentioned in the Whole30 diet book?

The book highlights benefits such as improved energy, better digestion, reduced cravings, clearer skin, and weight loss by eliminating potentially inflammatory foods for 30 days.

Does the Whole30 diet book provide meal plans and recipes?

Yes, the Whole30 diet book includes meal planning tips, recipes, and guidance to help participants successfully complete the 30-day program.

Is the Whole30 diet book suitable for people with dietary restrictions?

The book offers guidance for different dietary needs, but it is recommended to consult a healthcare professional if you have specific conditions or restrictions before starting the Whole30 program.

How does the Whole30 diet book suggest managing cravings during the program?

The book suggests strategies such as focusing on whole foods, staying hydrated, planning meals ahead, and understanding the psychological triggers behind cravings to help manage them effectively during the 30 days.

Additional Resources

1. *The Whole30: The 30-Day Guide to Total Health and Food Freedom*

This foundational book by Melissa Hartwig Urban introduces the Whole30 program, a 30-day elimination diet designed to reset your body and improve your relationship with food. It provides detailed guidelines on what to eat and avoid, along with tips for overcoming common challenges. The book also explains the science behind the diet and offers strategies for maintaining long-term health after completing the program.

2. *Whole30 Cookbook: 150 Delicious and Totally Compliant Recipes to Help You Succeed with the Whole30 and Beyond*

Created by Melissa Hartwig Urban, this cookbook offers a wide variety of flavorful, Whole30-approved recipes. From breakfast to dinner and snacks, it provides practical meal ideas that are easy to prepare and adhere to the diet's strict guidelines. The recipes focus on whole, unprocessed ingredients to support your health journey.

3. *It Starts with Food: Discover the Whole30 and Change Your Life in Unexpected Ways*

Co-written by Dallas and Melissa Hartwig, this book serves as the science-based companion to the Whole30 program. It explains the rationale behind the elimination diet, detailing how certain foods may affect your hormones, digestion, and overall wellbeing. Readers gain insight into how to approach the diet with a mindset geared toward lasting lifestyle change.

4. *Whole30 Fast & Easy: 150 Simple To Prep and Cook Recipes to Help You Succeed with the Whole30 and Beyond*

This cookbook focuses on quick and simple Whole30-compliant recipes that fit busy lifestyles. It emphasizes minimal prep time and easy cooking techniques without sacrificing flavor or nutrition. Ideal for those who want to maintain the diet while managing a hectic schedule.

5. *Whole30 Slow Cooker: 150 Easy, Compliant Recipes to Make Your Whole30 Simple and Delicious*

Designed for slow cooker enthusiasts, this book offers a collection of Whole30-compliant recipes that let you prepare meals with minimal effort. Perfect for busy individuals, these recipes help you stay on track by utilizing slow cooking methods that enhance flavor and convenience. The book also includes

tips on how to meal prep and store leftovers.

6. *The Whole30 Day by Day: Your Daily Guide to Whole30 Success*

This daily guidebook provides motivation, tips, and insights for each day of the Whole30 program. It helps readers stay focused by addressing common challenges and offering encouragement throughout the 30-day journey. The book also includes journaling prompts to track progress and reflect on personal growth.

7. *Whole30 Instant Pot: 150 Easy, Compliant Recipes for Your Instant Pot to Make Whole30 Simple and Delicious*

Perfect for Instant Pot users, this cookbook features Whole30-friendly recipes specifically tailored for pressure cooking. It combines the benefits of the Whole30 diet with the convenience of the Instant Pot, streamlining meal preparation. Recipes range from hearty stews to quick breakfasts, all compliant with Whole30 rules.

8. *Whole30: The 30-Day Guide to Total Health and Food Freedom – The Official 10th Anniversary Edition*

This updated edition of the original Whole30 guide includes new insights, updated research, and additional recipes. It celebrates a decade of helping people transform their health through the Whole30 program. Readers will find enhanced guidance and inspiration to embark on or continue their Whole30 journey.

9. *Whole30 for Beginners: The Essential Step-by-Step Guide to Whole30 Diet*

This beginner-friendly guide breaks down the Whole30 diet into simple, manageable steps. It covers the basics of what to eat, how to plan meals, and how to handle social situations while on the diet. The book is ideal for newcomers seeking a straightforward introduction to the Whole30 lifestyle.

Whole 30 Diet Book

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whole 30 diet book: *The Whole30* Melissa Urban, Dallas Hartwig, 2015 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.

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whole 30 diet book: *The Whole30 Fast and Easy Cookbook* Melissa Hartwig Urban, 2017 Easy-to-prepare, healthful, and delicious recipes for the Whole30 and beyond

whole 30 diet book: *Guide to Whole 30 Diet* Florence J Martin, 2021-02-12 The Whole30 book offers sample meal plans and recipes, lists of approved foods and tips on sticking to the plan if you must eat out or eat while traveling. You'll find even more help online, including money-saving tips, quick-start guides and shopping lists. Both feeling hungry all the time and never feeling hungry are common on the Whole30 diet, especially during the first two weeks as your body adjusts to new sources of energy. Eventually, though, you shouldn't feel those pangs since protein and fiber are filling, and you'll get plenty of both. Plus, you're allowed to eat as much as you want and add Whole30-compliant snacks to your meal plan, provided you truly are hungry. While sugary seasonings and sauces are off-limits, there are ways to make your own and use fresh herbs and spices to give your dishes flavor. For the most part, you're the cook on this plan, so how good it tastes is up to you. The Whole30 diet is a month-long eating program that aims to help you lose weight, improve your relationship with food and achieve long-term health.

whole 30 diet book: *The Whole30 Day by Day* Melissa Hartwig Urban, 2017-12-05 Tips, hacks, advice, and inspiration to help you achieve Whole30 success every day of the program *The Whole30 Day by Day* is the essential companion to the New York Times bestseller *The Whole30*; a daily handbook to keep you motivated, inspired, accountable, and engaged during your Whole30 journey. It's like having Whole30's own Melissa Hartwig coaching you through the Whole30 one day at a time, sharing a day-by-day timeline, personal motivation, community inspiration, habit hacks, and meal tips. Plus, each day offers guidance for self-reflection, food journaling, and tracking your non-scale victories to keep your momentum going and help you plan for the days to come. *Whole30 Day by Day* also serves as a quick-reference guide for the program: keeping the rules handy, sharing helpful resources, and walking you through the important reintroduction phase, one day at a time. You'll carry it everywhere during the program, using it to stay accountable and motivated during the 30 days, and letting the observations and reflections you record guide your food freedom plan long after your Whole30 is over.

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Whole30 compliant, designed to mix and match to create the perfect menu whether you're hosting or contributing a dish as a guest. And in true Whole30 style, the recipes are creative, colorful, and so flavorful that your guests will never miss the added sugar. Each menu includes everything you need for the perfect gathering: snacks, dips, shareable bites, main courses, sides, and festive drinks. The Whole30 Friends & Family will show you how to navigate gatherings, provide tips and tricks to make every social situation a success, and offer full menus for special occasions like dinner parties, date night, and friendsgiving. These fun, creative meals will make social gatherings a breeze and let you effortlessly share your Whole30 experience with those you love.

whole 30 diet book: The Whole30 Fast & Easy Cookbook Melissa Hartwig Urban, 2017-12-05 A New York Times bestseller featuring 150 all new, Whole30-compliant recipes—all fast and easy to prepare Millions of people have transformed their lives with Whole30, yet co-creator Melissa Hartwig wants to make it even easier to achieve Whole30 success—with delicious, compliant, fast, and easy recipes. This follow-up to the best-selling The Whole30 Cookbook is packed recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle. The Whole30 Fast and Easy Cookbook features: Recipes perfect for weeknight cooking, lunches in a hurry, and hearty breakfasts that still get you out the door on time Nearly effortless skillet meals, stir-fries, sheet-pan suppers, and slow-cook and no-cook meals, most of which can be made in 30 minutes or less Creative, delicious meals using widely-available ingredients found in any supermarket Melissa's favorite kitchen hacks, designed to save time and money while maximizing flavor Whether you're doing your first Whole30 or your fifth, or just looking for some healthy, fast, and easy recipes to try, this collection is a must-have for any kitchen.

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your health and transform your relationship with food in the long term. The authors' positive empowering message and the health benefits and weight loss this programme can bring make this book potentially life changing. Motivating and inspiring with just the right amount of Dallas' and Melissa's signature tough love, THE WHOLE 30 features real-life success stories, answers to common questions, detailed elimination and reintroduction guidelines, and more than 100 recipes using familiar ingredients, from simple one-pot meals to complete dinner party menus.

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whole 30 diet book: Whole Diet Alina Nancy, 2017-02-22 What's the Whole30? Whole30 is a 30-day (duh) clean-eating plan designed to clean up your eating habits by cutting out foods that might be having a negative impact on your health (a.k.a. making you feel crappy). Yes, we're talking about the foods that are super hard to give up: dairy, sugar, grains, legumes, and alcohol. Committing to the Whole30 is breaking up with the booze-filled, dessert-every-night, carb-fueled diet that we've been following for the past month (french fries are vegetables, right?), and instead, swiping right for clean proteins and vegetables. Let's break that down. What You Can Eat All hail the yes list. Meat. Yes to a burger, no to a bun. Poultry. So. Much. Chicken. Sausage. Fish. You can even eat the canned stuff. Veggies. Your options are limitless. Fruits. An apple a day keeps your sweet tooth at bay. Fats. Avocados every single day. What You (Absolutely, Positively) Can't Eat No sugar or natural or artificial sweeteners. Nope, not even maple syrup. No booze. Make dry January great again! No smoking. We mean weed too. No grains. Time to empty your jar of quinoa. No beans or legumes. No chickpeas, no peanut butter. No soy. Tofu is a goner. No dairy. Cheese is dairy, guys. No processed additives. Carrageenan, sulfites, MSG. No fake treats with Whole30-approved ingredients. Sorry, cauliflower crust pizza and Paleo pancakes, you're off-limits. This rule is all about building a healthier relationship with your food, and we think it actually works. You got this. It's just 30 days. Click on BUY BUTTON for more information tag; Whole30, whole foods recipes, whole foods cookbook, whole 30 diet, whole foods diet, whole food recipes, whole food 30 diet, whole 30 slow cooker, whole 30 vegetarian, Whole30, whole 30 cookbook, whole food 30, whole 30 recipes, whole 30 diet plan, Whole 30, whole30 cookbook, whole 30 challenge, whole 30 guide

whole 30 diet book: The Whole 30 Diet Guide For Novice Vincent Bronson, 2021-02-19 The Whole30 is an elimination diet based on Paleo principles. The theory behind Whole30 is that many health problems, both physical and mental, are due to the foods we eat. Whole30 does not consider itself to be a diet in the sense of losing weight, but rather a prescription for healing nearly anything that ails you. Whole30 wants to help you cure digestive problems, boost immunity and energy, rebalance hormones, and remedy or improve other medical issues. By cutting out all sugar, grains, legumes, dairy and alcohol from your diet for 30 days, the creators of Whole30 say you can reset your system and free yourself from chronic pain, brain fog and sugar cravings. When (or if) you reintroduce these food groups, your body's reaction to them will tell you what you need to avoid. Whole30 is a relatively new diet. In 2009, Melissa Hartwig and her then-husband Dallas Urban

decided to give up eating all the foods that they suspected were potential triggers of his shoulder pain, then slowly reintroduce them to see which ones were causing the problem. Hartwig blogged about the experience, saying she slept better, had better focus at work, more energy, and just felt happier overall. But she says the biggest change was her relationship with food. She stopped looking at the scale and in the mirror, and rather than have a glass of wine or some junk food, found new ways to reward and soothe herself. The idea is that by getting rid of all the foods that potentially cause inflammation, damage your gut and disrupt your blood sugar for one month, your body can recover and reset, and you can rid yourself of many physical and mental ailments, from diabetes to high blood pressure to depression. It is important to note that the Whole30 plan is not intended for weight loss, although on such a restrictive diet, you could easily do so. But there is no calorie-counting and you are discouraged from stepping on a scale or taking any other measures. Hartwig calls Whole30 an 'anti-diet.' Hartwig has her certification as a Sports Nutritionist and has written several best-selling books about the diet, including *It Starts With Food*, *The Whole30*, *Food Freedom Forever* and *The Whole30 Cookbook*.

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same way with the veggies, too. Buy enough vegetables that will last for as long as two to three days to cover the recipes. So, feel free to come in, relish the food, and learn a little more about whole foods even as you lose some weight. I'm confident that you will let your friends know all about how you got your new look as well as the feel-good factor bubbling inside you. TAGS: whole30 recipes, whole30 recipe book, whole30 handbook, whole 30 cookbook, whole 30 book, whole 30 diet book, whole 30 recipes

whole 30 diet book: Cooking Whole30 Melissa Hartwig Urban, 2016-12-06 Previously published as Whole30 Cookbook, this bestseller has been updated with 10 exclusive new recipes and a new introduction from Melissa Urban The groundbreaking Whole30 program has helped millions of people transform their lives by bringing them better sleep, more energy, fewer cravings, and a healthy relationship with food, built on a foundation of healthy habits that last a lifetime. In this cookbook (previously published as The Whole30 Cookbook) best-selling author and Whole30 co-creator Melissa Urban delivers over 150 recipes to help readers prepare delicious, healthy meals during their Whole30 and beyond. A Whole30 refresher, including an updated introduction to the program, 5 steps to get you started, and tips for stocking your Whole30 kitchen. More than 150 recipes for main dishes, sides, dressings, and sauces. Easy tips that simplify meal planning and prep to save time and money. Recipe Remixes designed to turn one dish into two or three different meals. 10 exclusive, new recipes from community recipe creators. 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.

whole 30 diet book: The New Whole30 Melissa Urban, 2024-08-06 NEW YORK TIMES BESTSELLER • The new and improved Whole30 program, featuring an updated approach to food freedom, the Original and Plant-Based programs, and over 100 new recipes Do you struggle with cravings, blood sugar regulation, inflammation, fatigue, digestive issues, pain, or other symptoms? The Whole30 can help you discover the foods that are holding you back—in just 30 days. Since 2009, the Whole30 program has helped millions of people radically transform their health, habits, and relationship with food and discover lasting food freedom. Grounded in nutrition and behavior-change science and fifteen years of clinical evidence, the Whole30 program has been praised by countless doctors and dietitians and is supported by thousands of glowing testimonials. Inspired by her community, the newest research, and the ever-changing food landscape, Whole30 co-founder Melissa Urban has expanded the program to be even more accessible, supportive, and effective. In The New Whole30, you'll find completely updated rules, language, and success strategies for every phase of your journey. The book now includes two different programs, each with its own guidelines, resources, and recipes: the Original Whole30 (for omnivores) and the Plant-Based Whole30 (for vegans, vegetarians, or anyone exploring a plant-based diet). You'll also find more than 100 all-new recipes plus some updated Whole30 favorites, all of which are 100 percent gluten-free, grain-free, dairy-free, and free of added sugar. In her signature direct and empathetic style, Urban distills more than a decade of expert knowledge and experience into the essential resource for Whole30 alumni and first-timers alike. The New Whole30 is sure to be your ultimate guide to success.

whole 30 diet book: *It Starts With Food* Dallas Hartwig, Melissa Hartwig, 2014-07-29 It Starts With Food outlines a clear, balanced, sustainable plan to change the way you eat forever—and transform your life in profound and unexpected ways. Your success story begins with the Whole30®, Dallas and Melissa Hartwig's powerful 30-day nutritional reset. Since 2009, their underground Whole30 program has quietly led tens of thousands of people to weight loss, enhanced quality of life, and a healthier relationship with food—accompanied by stunning improvements in sleep, energy levels, mood, and self-esteem. More significant, many people have reported the “magical” elimination of a variety of symptoms, diseases, and conditions in just 30 days, such as those associated with diabetes, high cholesterol, high blood pressure, obesity, acne, eczema, psoriasis, chronic fatigue, asthma, sinus infections, allergies, migraines, acid reflux, Crohn's, celiac disease, IBS, bipolar disorder, depression, Lyme disease, endometriosis, PCOS, autism, fibromyalgia, ADHD, hypothyroidism, arthritis, and multiple sclerosis. Now, Dallas and Melissa detail not just the “how”

of the Whole³⁰, but also the “why,” summarizing the science in a simple, accessible manner. It Starts With Food reveals how specific foods may be having negative effects on how you look, feel, and live—in ways that you’d never associate with your diet. More important, they outline their lifelong strategy for eating Good Food in one clear and detailed action plan designed to help you create a healthy metabolism, heal your digestive tract, calm systemic inflammation, and put an end to unhealthy cravings, habits, and relationships with food. Infused with the Hartwigs’ signature wit, tough love, and common sense, It Starts With Food is based on the latest scientific research and real-life experience, and includes testimonials, a detailed shopping guide, a meal-planning template, a Meal Map with creative, delicious recipes, and much more.

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Whole - **Weblio** a whole family a whole nation one whole year one's whole self

Whole-wheat | **Weblio** Whole-wheat - ()
 Weblio

integrated | **Weblio** The whole procedure for out-going calls can be made simpler to implement if the LAN is a complete integrated system of devices rather than a collection of otherwise independent items

as a whole - Weblio a viewpoint of history that interprets a historical phenomenon [as a whole] - EDR

whole picture | **Weblio** Don't give you the whole picture.
 -

whole - Weblio whole, entirely, wholly, all, altogether, completely, totally

whole number | **Weblio** whole number - Weblio

whole-body | **Weblio** whole-body 全体; 全身; 全体; 全体 - 486語彙集

whole | Weblio whole

entire | **Weblio** E entire entire en tire i ntá'ær
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Whole - **Weblio** a whole family 一大家子 - EDR 一大家子 a whole nation 一整个国家 - EDR 一整个国家 one whole year 一整年 1 - EDR 一整个自己

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whole number | Weblio whole number - Weblio

whole-body | **Weblio** whole-body 全体; 全身; 全体; 全身 - 486

whole | **Weblio** whole

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