WHOLE30 DAY 1
You are ready. You are worth it. And you can do it.
Melissa xo

WHOLE30 DAY 2
Hi.
You've totally got this.
That's all.
Melissa

WHOLE30 DAY 3
Changing your life is hard work. Be patient, and show yourself some grace.
Melissa

WHOLE30 DAY 4
Smile, even if you don't mean it.
This, too, shall pass.
M-

WHOLE30 DAY 5
You are exactly where you should be in this process—I promise.
Melissa

WHOLE30 DAY 6
Today is going to be a good Whole30 day!
Melissa
WHOLE30 DAY 7
One week of Whole30!
Today, just trust the process. Melissa xo

WHOLE30 DAY 8
you are so much stronger than your sugar dragon.
Melissa

WHOLE30 DAY 9
Things that felt hard last week will feel easy today. High five!
M-

WHOLE30 DAY 10
You deserve this.
You are worth it.
And I am proud of you.
Melissa xo

WHOLE30 DAY 11
You're doing awesome, and people are starting to notice!
M-xo

WHOLE30 DAY 12
You are a healthy person with healthy habits. Melissa
WHOLE30 DAY 13

Your body is happy you're doing the whole30... and so am I!

Melissa

WHOLE30 DAY 14

Your expectations will dictate your experience today, expect great things.

Melissa xo

WHOLE30 DAY 15

Hey, hey, halfway! Your whole30 is working because you're working it!

M-xo

WHOLE30 DAY 16

Stop what you're doing and name one awesome thing about yourself.

Melissa

WHOLE30 DAY 17

Unleash your tiger blood today—whatever that looks like for you.

Melissa

WHOLE30 DAY 18

Your whole30 is a radical act of self-love. Go, you.

M xo
WHOLE30 DAY 19
Focus on the changes you are seeing. Melissa

WHOLE30 DAY 20
Have faith - you are on the right path, and every step counts. Melissa

WHOLE30 DAY 21
No slacking! Put some effort into your Whole30 today. M xo

WHOLE30 DAY 22
Today, prove to yourself that you can do it - whatever "it" is. Melissa

WHOLE30 DAY 23
You are confident, motivated, inspiring, and loved. Melissa xo

WHOLE30 DAY 24
Who cares what day it is? You feel (and look) awesome! Melissa
WHOLE30 DAY 25
you have all the tools you need to live a life of food freedom.
Melissa

WHOLE30 DAY 26
the whole30 is changing you in so many ways - be so proud of yourself. M-

WHOLE30 DAY 27
you are never alone in this journey - we are always here to support you. Melissa

WHOLE30 DAY 28
Hi. 28 is not 30, you will finish strong.
Melissa xo

WHOLE30 DAY 29
OMG you're almost there!!!
Melissa xo

WHOLE30 DAY 30
you are whole30! congratulations, whole30 alumni.
M ❤️