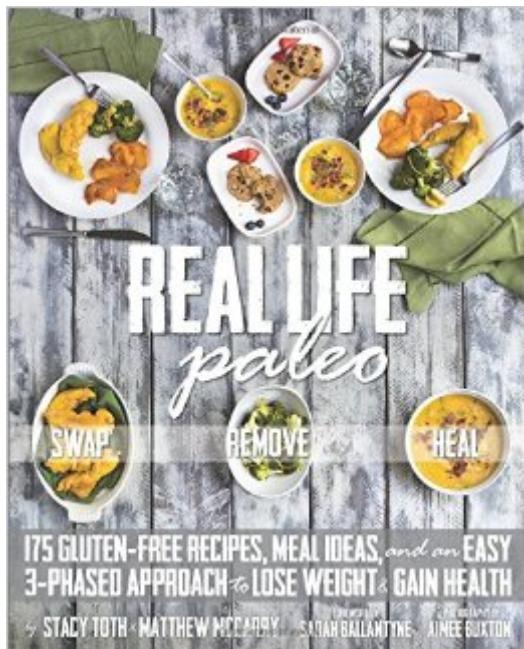


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# Real Life Paleo: 175 Gluten-Free Recipes, Meal Ideas, And An Easy 3-Phased Approach To Lose Weight & Gain Health



## Synopsis

You've heard great things, you've read the success stories, and you're ready to try the Paleo lifestyle--but in a world filled with bread, pizza, and cookies, it can be hard to get started and easy to fall off the wagon. What you need is a guide to help you transition, a three-step plan for sticking with Paleo, and a cookbook with easy, everyday Paleo recipes. What you need is *Real Life Paleo*. *Real Life Paleo* takes a practical approach to going Paleo with three simple steps that Stacy Toth and Matt McCarry, creators of the popular blog *Paleo Parents*, used to lose a combined 200 pounds and improve the health of their whole family. The "Swap, Remove, Heal" method is easy for anyone to follow, no matter where you are in your journey: first, swap healthier versions of the worst offenders; then remove unhealthy foods entirely; and finally, add healing, nutritious foods to your diet. Stacy and Matt also provide you with all the tools you need to make the switch to a Paleo lifestyle for good: Over 175 Delicious Recipes: With so many Paleo-friendly recipes, figuring out what to eat will never be a problem. Plus, the fully photographed meal plans and ideas help you turn the individual recipes into balanced meals for your Paleo table. From holiday menu ideas to on-the-go snack ideas, *Real Life Paleo* ensures that every food choice can be a delicious, healthy one. Handy How-To Section: With practical tips aimed at providing real-life solutions to common concerns, the how-tos make it easy to replace allergens in recipes, find substitutes for unhealthy staples such as pasta and bread, and make everyday cooking quick, easy, and affordable. 3-Phased Approach: Overhauling your diet and giving up foods you love might seem like an impossible feat. Rather than ask you to make the leap all at once, *Real Life Paleo* offers a three-phased approach: first swap in healthier alternatives to processed foods, then remove unhealthy foods entirely, and finally add healing, nutrient-dense foods to your diet. Guides to Long-Term Success: Informative guides to stocking a Paleo pantry, ordering in restaurants, pursuing better health as a family, and much more help you stick with your new Paleo lifestyle. Recipe Indexes: Looking for a dish you can make in under 30 minutes? Or a one-pot recipe? Or maybe a recipe with fewer than 5 ingredients? The recipe indexes have you covered. *Real Life Paleo* will give you the confidence and tools to set your table with delicious and healthy foods to nourish those you love. *Real Life Paleo* will give you the confidence and tools to set your table with delicious and healthy foods to nourish those you love.

## Book Information

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## Customer Reviews

I'm one of those people who buys cookbooks and then literally cooks nothing from them because I'm only interested in 5-10 recipes max. (My last two \$40 paleo cookbooks have been sitting unused for months. I made ONE recipe from one and NONE from the other. Seriously.) Then I get resentful because I spent so much money on a book that doesn't have the hundreds of amazing recipes I was expecting... FYI, this is NOT one of those crappy cookbooks. This is truly the end-all, be-all, go-to paleo guide. Whether you're a paleo rookie or a seasoned paleo veteran, you need to make room for this bad boy on your shelf. It pretty much contains all you'll ever need to know to succeed in this lifestyle. Real Life Paleo is not just a cookbook. It's so ridiculously informative, I can almost guarantee it's THE BEST paleo book purchase you'll ever make. It quite literally takes a real-life approach to explaining (& living) the paleo lifestyle, giving you a designated plan for transitioning, swapping out bad for good foods, and ultimately thriving as your inner caveman/woman - for the long run! Whether you're new to paleo or have been living it for years, you CAN and WILL benefit from RLP. It contains a plethora of recipes, spice blends, and meal ideas, paleo lifestyle tips & tricks, nutritional information, helpful guides & recipe labels (nut-free, egg-free, nightshade-free, one-pot-meal, on-the-go meal, 5-ingredients-or-less, 30-min-or-less), along with all the reasons why paleo works. If you think you knew all there was to know about paleo or think you've tried all the paleo recipes out there, THINK AGAIN! I've been paleo since August 2011 and am still completely wowed by this book with all the enticing recipes & helpful information it contains.

Unlike finding a random recipe from Pinterest, Stacy and Matthews recipes ALWAYS work. This book is so much more than just a recipe book though, and this is why I'm so excited about it. The philosophy behind this heavy hunk of a book is in their three phases to better eating and getting healthy; swap, remove, heal. Swap is all about switching out the worse offenders for healthier

options. It means going gluten free, removing refined sugars, and nasty chemical ingredients. Once you feel you've mastered this phase, you can move onto remove. This phase helps you remove the remaining non-paleo and inflammatory foods from your diet like grains, legumes and dairy. Then once you're ready and in the swing of eating a paleo diet, you can move onto the final phase heal. This one is all about optimizing. You can only truly heal your body after you've removed the problematic inputs, whether they be food or even lifestyle related. In the heal stage you start adding in the dreaded organ meats | although the Paleo Parents make them far less daunting. They introduce you to healing stocks, and fermented foods. As you know from Fearless Fermentation, my fermentation classes for beginners, I'm a big fan of these! They also touch on lifestyle factors like sleep, stress and movement that will all compliment your new healthy approach to life. There's more to Real Life Paleo than swap, remove, heal though. It's loaded with practical information to help you put it all into practice: Recipes are arranged into full meals, because you never just eat a roast chicken on its own now do you?

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