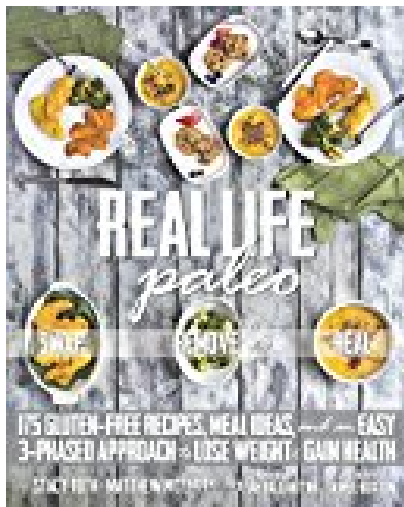


Real Life Paleo 175 Gluten-Free Recipes Meal Ideas and an Easy 3-Phased Approach to Lose Weight & Gain Health



BOOK DETAILS

- Author : Stacy Toth
- Pages : 432 Pages
- Publisher : Victory Belt Publishing
- Language : English
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BOOK 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 packaged foods for ones full of processed, damaging ingredients; 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 meal plans and menu ideas help you turn individual recipes into balanced meals. There are even holiday menu ideas to help you plan for special occasions and on-the-go snack ideas, so that last-minute meal before you have to rush out the door can be a healthy one.
- Handy how-to section: With practical tips aimed at 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.
- Guides to long-term success: Informative guides to swapping out foods, adding nutrient-dense and healing foods, ordering in a restaurant, stocking a Paleo pantry, and much more help you stick with your new Paleo lifestyle, while shopping lists make going to the grocery store fast and easy.
- Recipe indexes: Looking for a dish you can make in under 30 minutes? Or one-pan recipes? Maybe a recipe with fewer than five ingredients? You're covered with the recipe indexes. *Real Life Paleo* will give you the confidence and tools to set your table with delicious and healthy foods to nourish those you love.

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