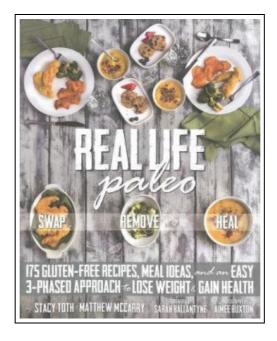
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Victory Belt Publishing. Paperback. Condition: New. 368 pages. Dimensions: 0.0in. x 8.0in. x 10.0in. Youve heard great things, youve read the success stories, and youre ready to try the Paleo lifestylebut in a world filled with bread, pizza, and cookies, 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...



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