



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

*Stacy Toth, Matt McCarry, Paleo Parents*

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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.

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