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Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle by Diane Sanfilippo

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Practical Paleo by Diane Sanfilippo

The book includes the whys and hows of eating Paleo, 14 customized meal plans for everything from fat loss and athletic performance to adrenal health, digestive health, thyroid health, and more, and more than 150 easy, healthy recipes.

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Start by marking Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle as Want to Read: I didn't think this book was very practical at all. Sure, it has some good information, but nothing you can't figure out in 30 seconds by Googling "Paleo." The recipes seemed extremely time consuming and expensive. I'm a full time wife, mom and student. I don't have 4 hours.

Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle by Diane Sanfilippo

Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle Reviewed by Jess, a Suppers member I became interested in the Paleo lifestyle a few years ago because my lifelong digestive woes had taken a turn for the worse.

Practical Paleo, 2nd Edition (Updated and Expanded): A Customized Approach to Health and a Whole-Foods Lifestyle [Diane Sanfilippo, Bill Staley, Anon, Robb Wolf]

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