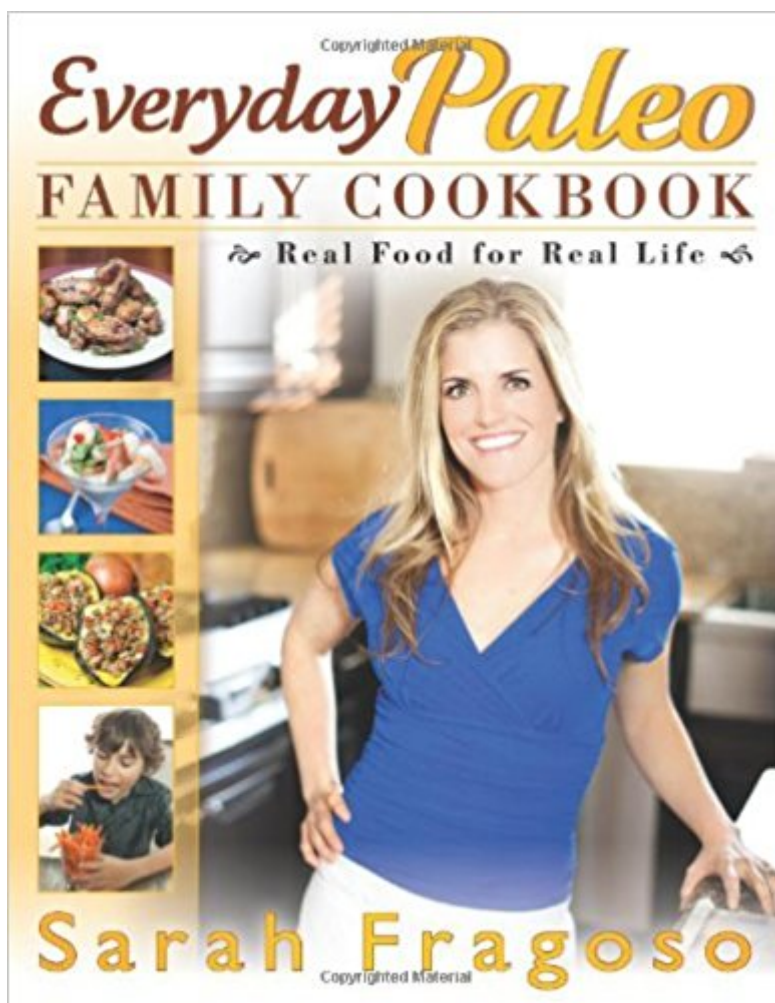


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# Everyday Paleo Family Cookbook: Real Food For Real Life



## Synopsis

The Everyday Paleo Family Cookbook offers guidance on how to bring your family together with the magic of real food. As modern life grows more hectic with each passing day, a part of living the paleo lifestyle is slowing down and enjoying the time we have with family and friends. This cookbook is intended to remind us of how precious these moments are, and that some of the fondest memories can be made while sitting at the dinner table with the ones we love. Savoring these moments, along with delicious and healthful food, is what life is all about. In addition to more than eighty delicious, easy-to-prepare recipes that are free of grains, dairy, sugar, and legumes, The Everyday Paleo Family Cookbook offers:

- Time saving tips and tricks to get you through your busy weeks
- Suggestions of which recipes to pair together to make a complete meal
- Ideas for how to successfully bring the family together at mealtime
- Simple shopping and prepping tips to help you save time and money
- Resources for where to shop to find specific ingredients

## Book Information

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## Customer Reviews

"Sarah is not just a top trainer at one of America's top 30 gyms, she is a mother of 3 and knows how to make the Paleo lifestyle work for anyone. She has transformed her health and the health of her family with time-efficient delicious cooking and no-hassle lifestyle management. She can help you achieve your goals and help you and your family look, feel and perform your best" — Robb Wolf, New York Times best selling author of The Paleo Solution "Eating Paleo has changed my life, especially as an athlete and a mother. I am finally free of a stomach ache that lasted 16 years, and am healthy, strong, and happy. Staying focused on my Paleo lifestyle is important to me, and thanks

to Everyday Paleo, I am never short on easy, quick, and delicious meal ideas for me and my family. Having EverydayPaleo.com, and now the book, I am able to take a deep breath and relax, knowing there is always a dinner or snack idea at my fingertips"

—Aimee Anaya Everett, National Champion Olympic Weightlifter, co-owner Catalyst Athletics and The Performance Menu

"As a busy mom, composer and recording artist, preparing healthy meals used to seem incredibly challenging until Sarah showed me how it's done. Her recipes are simple to prepare, even for myself as a newbie to Paleo. With her help, I'm now healthier and more fit than I've ever been in my life, and my entire family as well. And the best thing is, her recipes are delicious and even my young daughter, who is a picky eater, has favorites that she absolutely loves from Sarah's recipe collection. We are hooked for life!"

—Laura Sullivan Top 100 Artist, New Age Reporter, Sentient Spirit Records

"Since I've been involved in CrossFit, there have been numerous things I've become introduced to that have really helped me become physically and mentally stronger; as well as insight I've gained on how to live healthier once I step outside the gym, for both me and my family. Among them has been my introduction to Everyday Paleo. Sarah has an informative blog, with wonderful pictures and AMAZINGLY easy recipes!! I am by no means a good cook, I never have been. However, Sarah has made these recipes so easy, quick, and so delicious that my children (ages: 7 and 3) not only eat them, but they ask for MORE!! Sarah, I am so thankful for you and for Everyday Paleo. For making it simple, quick, and delicious. And, for helping us to live so much healthier, inside and out!"

—Linda Leipper, 2008 Crossfit Games Finalist

"Working with athletes of all levels...pain at some point may be a reality, and where there is inflammation there is usually loss of function. It is nice for me to be able to send my patients to Everyday Paleo to find quick, easy and delicious Paleo recipes that they can easily prepare and fit into their busy schedules, and more importantly help aid in a quicker recovery by reducing inflammation."

—Dr. Dustin Glass, DC, ART; Member of the Sports Medicine Team for the USA Volleyball, National Teams.

Sarah Fragoso, bestselling author of Everyday Paleo, has a strong passion for helping others acclimate and succeed on the Paleo diet and has done so globally with her extremely successful Paleo recipe and advice blog. Fragoso is a certified Level 1 Crossfit Trainer, as well as a highly sought after strength and conditioning coach at Norcal Strength and Conditioning, one of America's top 30 gyms as rated by Men's Health Magazine. Fragoso is at the forefront of the Paleo movement and the leader in successfully helping families live Paleo. [www.everydaypaleo.com](http://www.everydaypaleo.com)

The thing I loved most about the recipes in this book is that they're not overly complicated. If I look

at an ingredient list that's a foot long, I get anxious. Sarah keeps it simple, and I appreciate that. Also, YAY for photos! Most paleo cookbooks out right now have zero photos, so I loved that I could actually see what the finished meal looked like. It just makes it so much more appealing. If you're looking for more simple paleo recipe books, here are a couple that are equally good: *Cave Wraps: 40 Fast & Easy Paleo Recipes for the Best Damn Wraps Ever* *Well Fed: Paleo Recipes for People Who Love to Eat* If you're looking for more confirmation that the paleo diet works, I'm living proof! I've lost over 20 pounds and have the energy of a ten year old. Paleo works.

The research is increasingly showing that there is a dangerous link between many of our modern foods and diseases like arthritis, obesity, and even cancer. That link is inflammation. Many foods that we consume in high quantities lead to inflammation of the tissues. These inflammations give way to pain and chronic disease. The paleo diet -- or at least certain forms of it -- may help to relieve this inflammation, and prevent and cure some of these diseases. *Everyday Paleo Family Cookbook* picks up where the author's first book, *Everyday Paleo*, left off. While her first book was an excellent introduction to the paleo lifestyle, this one provides busy homemakers a practical set of recipes for keeping the dinner table full. It starts, however, with a quick introduction to Paleo for those who haven't read *Everyday Paleo*. The basic outline is given right away -- foods to avoid, and foods to eat. Here's the table of contents, to let you know what's inside the book: -Introduction-The Basics-Basic Food Guide-Getting Started-Understanding Kids-The Lunch Box for Kids and Grownups Too-Quick and Simple Meal Ideas-What Sarah Wants You to Have and Where to Find It-One Week Meal Plan-Budget Guide-Recipe Section---Sauces and Dips---Slow Cooker Recipes---Soups and Stews---Meaty Meals---Egg Dishes---Sides, Salads and Small Plates---Fruity Creations and Treats As you can see, this book is definitely family oriented, and it's really meant to get you up and running quickly with Paleo eating and cooking. So there's helpful information about making the transition to Paleo -- especially for when you meet kids' resistance. A couple things set this book apart. First, the photographs of the dishes at the beginning of each recipe group is a great addition. It lets you look up a recipe on the basis of a picture -- not just relying on an interesting dish name. Second, the book puts a big emphasis on slowing down. For this reason, this book could be considered to belong to the Slow Foods movement as well. This book is recommended if you're looking for a book of relatively easy and tasty recipes to get you up and running with Paleo. If you're looking to slow down a bit and enjoy life with your family more, you'll get some added encouragement along that way. If you or a loved one are facing health complications that may be linked to inflammation and inflammatory foods -- and you're looking to reverse that process -- you

might want to check out *Meals That Heal Inflammation* by Daniluk. For more information on Paleo / Weston A. Price nutrition, I also recommend *Nourishing Traditions* by Sally Fallon. If there's trouble getting out of bed because of pain or inflammation, *Get Fit in Bed: Tone Your Body & Calm Your Mind from the Comfort of Your Bed* an exercise program that can be followed in bed, might be helpful.

As with most paleo meals, it takes lots of ingredients and lots of time in the kitchen, but if you are willing to give this plan a try it may prove to be quite beneficial! This was my primary go to and helped me to lose a good 10 lbs in a month! I also had so much more energy and was satisfied after meals even as a nursing mother! I just wish it didn't require so much work and planning! I also couldn't believe the grocery list I had to buy initially to follow it! Then I realized this plan is for a family, so you can get leftovers out of it if you plan accordingly based on your family size. As you do follow this make sure you star your family's favorites and other favorites so that you can create your own meal plans afterward. Stay on top of it or you will have a hard time after you finish the plan.

I was so excited to receive this new Paleo cookbook written by my old friend, Sarah. I have thoroughly used, enjoyed, and passed along to numerous people, her first cookbook... and it even had a hand in converting the dietary standpoints of a few friends. I got my copy of her newest masterpiece yesterday, in perfect time. As a stay at home mom with two small children that cooks everything from scratch, basing our diet around a Paleo lifestyle, I have recently found myself in a food rut. I love to cook and create so this has been quite troubling. So upon receiving this cookbook and diving right in to peruse it cover to cover before bed last night, I woke up excited, inspired, and ready to shop for fresh ingredients at my local farmers market this morning. And I am now even more excited about the 1/4 grass fed steer we just purchased. Sarah's newest book, *Everyday Paleo Family Cookbook* is wonderful as far as I can tell. My husband and myself found ourselves with growling tummies as we checked it out yesterday and I personally love the new spins on some of my own favorite, yet tired, meat dishes. I really like the variety and level of the recipes she has included here such as the importance of making your own chicken/beef broth, the egg recipes, sample school lunches, and the fruity treat section in the back. It is apparent she is catering to both an early learning cook and someone who knows their way around the kitchen. The abundance of pictures are beautiful and handy to have too. I personally can't wait to get on making a few of these sauces, the carrot french fries, and (a first for me) beef bone broth. Finally, I appreciate the statistics information and family involvement anecdotes she has chosen to include here as they are very eye

opening and important regardless of our individual food choices. Thank you Sarah, and please, keep it coming!!!

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