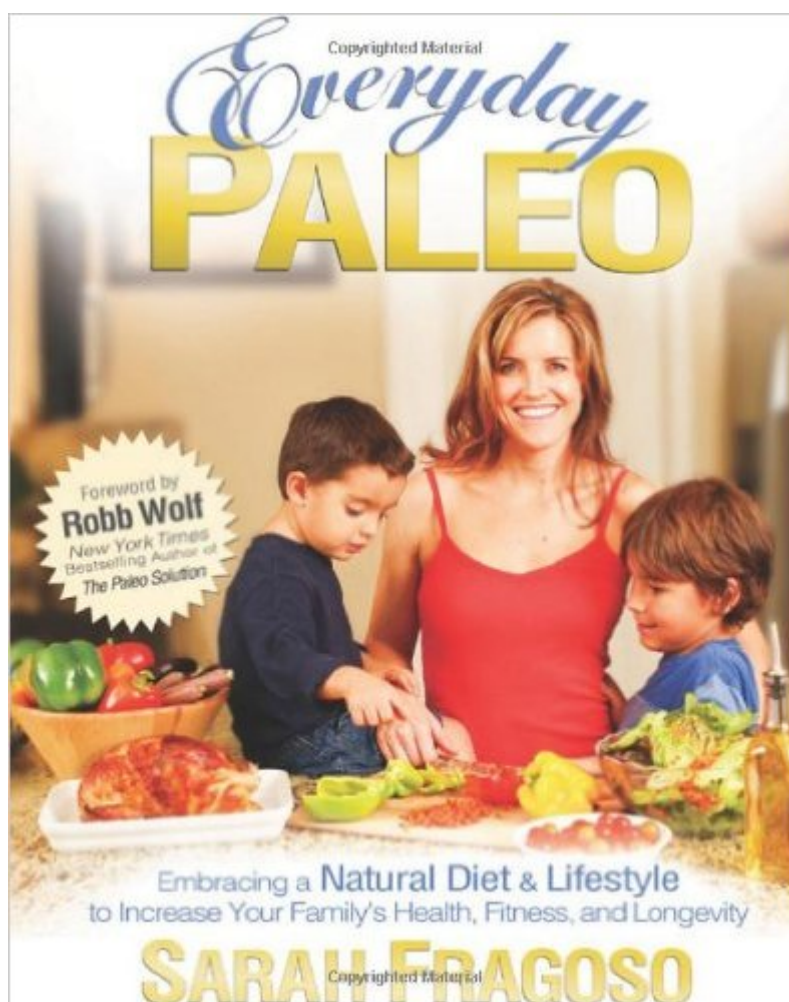


The book was found

Everyday Paleo



Synopsis

Do you want to lose weight, regain your health, and achieve a level of fitness you never thought possible? Are you interested in eating the foods that our bodies are intended to eat, but have no clue where to begin? You may already be a Paleo diet enthusiast; but are you struggling to feed your family the same foods that fuel you? In *Everyday Paleo*, Sarah Fragoso gives detailed instructions for acquiring a Paleo lifestyle and improving the health and longevity of your family. An active mother of three, Fragoso shows that eating Paleo is not only feasible for the busiest of families, but also easy, delicious and completely life-changing. She offers numerous recipes for all meals of the day, and provides tips for getting around common roadblocks, such as eating out. Finally, to keep your entire family fit and sane in the 21st century, she lays out easy-to-follow workout routines that you can do either in the gym or your own home. In *Everyday Paleo*, Fragoso shows you how to make Paleo your lifestyle, not just another fad diet.

Book Information

Paperback: 304 pages

Publisher: Victory Belt Publishing; 1 edition (April 25, 2011)

Language: English

ISBN-10: 098256581X

ISBN-13: 978-0982565810

Product Dimensions: 8.5 x 0.8 x 10.8 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (611 customer reviews)

Best Sellers Rank: #48,584 in Books (See Top 100 in Books) #47 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free](#) #77 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo](#) #174 in [Books > Cookbooks, Food & Wine > Special Diet > Paleo](#)

Customer Reviews

I admit to being so disappointed by some of these recipes that I came back to look at the reviews here again. As another reviewer says, it is surprising that there aren't more negative reviews, and I second her opinion that the author's enthusiasm is so infectious and inspirational that it's hard to deliver bad news (you almost begin to believe something is wrong with you for not liking her food). What I DID like about it: I was hesitating to start the paleo because, as a mother of 3 small boys, it seemed overwhelming. Reading this book not only inspired me to start it sooner than I would have otherwise, it gave me 5 day meal-planners that made it seem easy to shop and cook in

such a new way. What I DIDN'T like about it: the shopping lists need to be proofed better--I found myself missing key ingredients that were not listed. Also, the recipes were just not that good, especially for little kids. Mine are adventurous, but even so, her menu is a bit of a stretch (foods are too spicy or not very kid-friendly--the egg cupcakes were green because they were so filled with veggies and, frankly, didn't taste that great (more flavor, less veggies!)). Great ideas for kids are sometimes not that practical. For example, I made the lunchbox rollups with ham and turkey, but how to get them to stay closed and to prevent ingredients from slipping out? I spent 10 minutes cutting thin strips of scallion and painstakingly tying them together, then added some toothpicks for good measure. I imagined the other kids at school asking my son what the heck he was eating! One hesitates to criticize, but she is clearly not a foodie--she relies on things like garlic powder and calls hollandaise sauce bearnaise sauce.

My husband and I started a primal diet months ago and ordered Mark Sisson's 2 primal cookbooks, The Primal Blueprint Cookbook and Primal Blueprint Quick and Easy Meals. We loved both of those cookbooks and have gotten a lot of good use out of them. We cook a lot (3 meals a day, everyday) so we were looking to branch out and bought Everyday Paleo and Paleo Comfort Foods based on the stellar reviews. Everyday Paleo just is not what we were expecting. The recipes are boring and remind me of paleo versions of recipes from an old Taste of Home magazine. My family is rather adventurous and couldn't even pick out a single recipe that seemed appetizing to them. They are used to exciting, ethnic or exotic foods because that is what I make. This book just doesn't have the quality that I was hoping for. I thought that "Everyday Paleo" would be about making fun and exciting paleo meals every day without getting boring, but this just falls short. Who needs a recipe to make meatloaf or a spinach salad paleo? The Ginger Shrimp Salad is just shrimp with ginger on arugula. I mean Apple Flowers? It is literally a cut up apple arranged around a blob of almond butter. Bugs in a Boat?

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo Diet: 200 Delicious Paleo Diet Recipes

(Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian Paleo Guide - Thai, Japanese, ... Korean, Filipino, and Vietnamese Recipes) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet (Paleo Cookbook, Slow cooker recipes, Whole food) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker (Paleo Series) 30 Paleo Breakfast And Egg Recipes - Simple & Easy Paleo Breakfast and Egg Recipes (Paleo Recipes Book 8) Paleo Diet: Top Delicious Paleo Diet Recipes to Lose Weight, Boost Energy, Live Healthy, and Satisfy Your Hunger! (Beginners Cookbook Includes a 31 Day Paleo Diet Challenge - Best for Weight Loss)