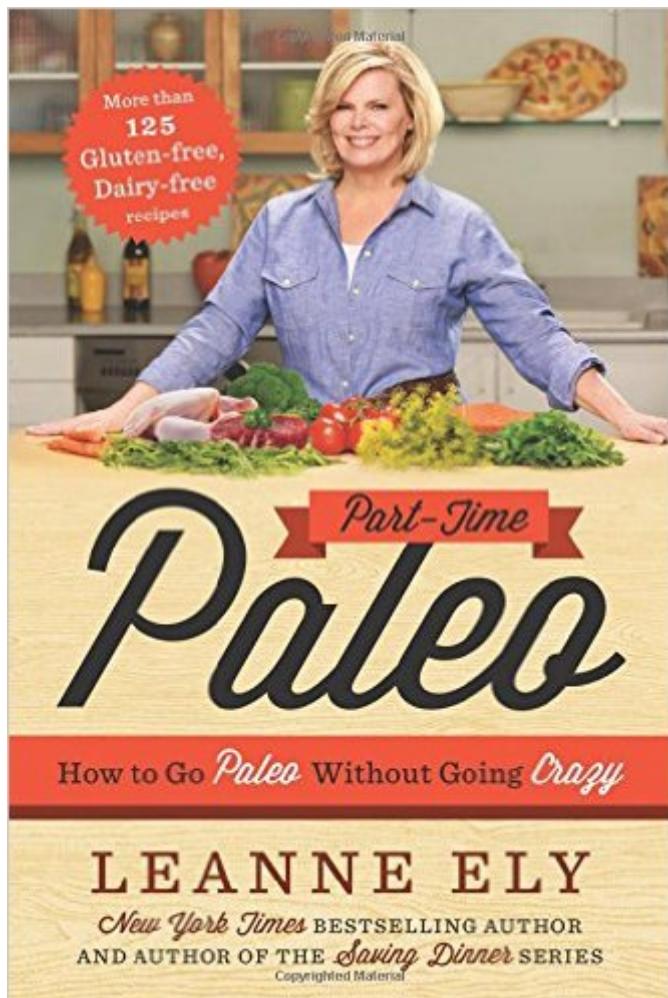


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Part-Time Paleo: How To Go Paleo Without Going Crazy



Synopsis

Going Paleo does not have to be a full-time job! Paleo is today's fastest-growing food trend, and while it has many benefits, getting started can be intimidating and confusing. In Part-Time Paleo, nutritionist and New York Times bestselling author Leanne Ely helps remove those obstacles as she teaches you how to: Equip your kitchen for success Stock your pantry, fridge, and freezer for quick and easy meals Simplify your life with menu plans, grocery lists, and serving suggestions Harness the magic of your slow cooker Make dozens of delicious gluten-and dairy-free recipes Part-Time Paleo makes going Paleo fun, easy, and delicious.

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Customer Reviews

Part-time Paleo is perfect for people like me! For about 3 years now, I've been sort-of-Paleo. I'll go whole-hog for a month or two, but then get tired and start eating the Standard American Diet...and suffering for it. Like many people who try to make the leap to Paleo, I was stuck in the mindset that I had two choices: Paleo Perfect or Not Paleo. A book like this lays out how to do not-perfect Paleo and still reap the rewards. No more guilt about not being Paleo Perfect! The meal plans with recipes are fabulous, and the book even includes sets of freezer recipes for people who need to get meals prepared ahead of time. I'm really looking forward to giving these recipes a try! Especially the breakfast ones. Yes, they're mostly egg dishes, but they are different twists - things I hadn't thought of trying. The one drawback to the book is that the shopping lists are integrated into the book proper. It would be much easier if they were pull-outs from the back, a-la Practical Paleo. Perhaps

something that could be changed for a later printing? Leanne Ely has genuinely changed my life, not just with this book, but with her other products. It's because of one of her earlier products from savingdinner.com that I discovered that gluten is a major trigger for my Chronic Fatigue Syndrome. That's why I went Paleo to start with, and I cannot overstate what a difference it's made for me!

I've long called my plan Paleo with benefits, which incorporates all the benefits of eating Paleo with non-Paleo foods like legumes that offer too many benefits to pass up. That's why I love Leanne's new book Part-Time Paleo. If eating Paleo has always felt a little too rigid or dogmatic for you, Leanne's plan offers all its benefits with a little leniency so you don't feel like you're walking a tightrope. Solid plan, fun to read, with great recipes. Can't recommend this one highly enough!

Eating a Paleo-like nutrient dense diet can make a tremendous difference in one's health. I've seen this happen in myself and in many of my clients. But changing to this type of diet can be so intimidating. For me, it took almost 6 months to go Paleo, even though I had heard of the many benefits of this type of diet. Six months of lost time. When I eventually went "Paleo", the diet really turned my health around. I love Leanne's book because it makes the transition to this type of diet really easy. If you are thinking about going Paleo, this book will be an excellent tool for you. If you're already a Paleo veteran, you won't be disappointed either. The book is filled with tasty, original recipes you'll enjoy making and eating!

The recipes are fantastic. What I really like is they're some of the most straight-forward recipes of good sounding food that's not too difficult or strange sounding! The only reason I'm giving it 4 vs 5 stars is for 2 reasons: first of all, I wish there were more pictures (although I realize that would probably make for a much more expensive book), and the other bigger reason is I wish the index was more complete according to ingredient names vs recipe names. For example, if you wanted to cook something with say sweet potato, and you look in the index, alphabetically, you'll find just 2 entries with the word "sweet potato" in it, but I know from looking through the book there are many more recipes than that (but they don't show up there because the name of the recipe they're in doesn't start with the word "sweet potato").

Part Time Paleo is an excellent book, and eagerly anticipated by me. Leanne has a way of breaking down information in simple, usable ways. Her latest book covers the benefits of paleo, equipping your kitchen, stocking your pantry, fridge and freezer, slow cooker use, and then, my favorite part,

paleo menu plans and freezer meal plans. My children have grown up on her books and menu mailers, and Leanne has gently introduced our whole family to every vegetable in the produce section. One of my goals as a parent was to teach my children that healthy food is a way of life, and Leanne has helped me accomplish that. Try her book, her cooking tips alone are worth the price of the book!

Great book. Wish it had more pictures which is probably silly on my part. The recipes are great, just wish she had one recipe per page, or 2 pages if it's a long recipe. I'd rather turn the page for the next one. Also, having to go to her website for her personal smoothie mixes is a bit of a pain but her website is nice so it's ok. Love the grocery lists, prep lists, freezer meal plan, crock cooking plan and all of the info on Hashimoto's which I too suffer from. The content is awesome which matters most. Leanne has such a great writing personality. Hee, is that a thing...? Update: 11/12/14 The smoothie starter mixes which are a staple in making some of the recipes are her own pre-made mixes & are quite pricey. Her website has links for the mixes and prices. So, though the website is "nice" as I had stated previously...having to purchase her products to make some of the recipes caught me off guard and wasn't so "nice".

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