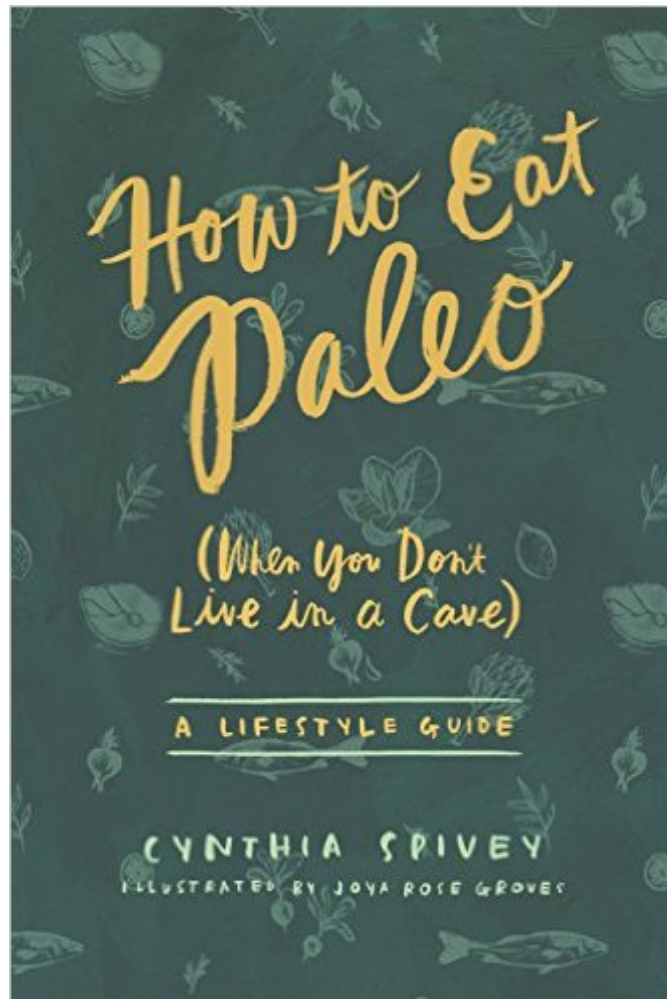


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# How To Eat Paleo: (When You Don't Live In A Cave)



## Synopsis

This unique illustrated guide is the first book of its kind, covering all you need to know about Paleo in clear, digestible language with whimsical graphics. Over 50 pertinent questions such as "Why shouldn't I eat legumes?" and "Can I eat cake?" are answered in a concise and friendly format, outlining the basic concepts of the Paleo lifestyle - including a tiny bit of the science - to illuminate the path to a modern Paleo life. Whether you're a Paleo newbie, a wise veteran or have never heard of it, this guide is sure to inform, engage and inspire you to enjoy living Paleo your way.

## Book Information

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Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (30 customer reviews)

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## Customer Reviews

I have several friends who over the past few years have embraced and greatly benefited from the Paleo lifestyle. Determined to join them, I have been looking for an easy, comprehensive guide to getting started and staying motivated. How to Eat Paleo is just that guide! It is clear, informative, witty and helpful. I have copied the What's On The Paleo Table chart and bring it with me to the grocery store. Thanks to How to Eat Paleo, I'm on my Paleo way!

Cynthia clearly has a talent for sharing her passion for the Paleo lifestyle. Through conversational writing, scientific facts and charming illustrations, the reader is left with a complete overview (and yummy recipes -- from Ronnie Lott no less!) of the positive health benefits of living a Paleo lifestyle. I particularly like the fact that she espouses consistency not obsession. I am very excited to try

cooking the macaroons but first need to clean out my kitchen pantry!

What's all the fuss about Paleo? This is a simple guidebook that makes it seem very do-able for even the novice. I enjoyed Cynthia's random ramblings as she introduces the novice to the simplicity of a diet that works and makes sense. It is not an extensive guide by any means, and some may feel like they are wishing for more information. The book does include other resources, however if so inclined to explore this diet in depth. The illustrations are simply the best! They add to the fun and whimsy of the book and help the reader in the exploration of this lifestyle diet by cementing images in the mind that bring the diet to life. They have even helped me remember what I should be shopping for at the grocery store! There are a few recipes included in the book, but this is just a sampling of what is out there for paleo. Our favorite recipes so far are the Eggs Benedict made with squash rings and the Tomato Ginger Salmon recipe. Very enjoyable read and we would highly recommend this book.

What a fantastically put together book! I've been so confused about exactly what eating 'Paleo' looks like. This book is so user-friendly, informative, clever and just a pleasure to read. It frames the lifestyle in such an approachable way. I can't wait to start trying the recipes!

This is a really user-friendly guide for those interested in the Paleo diet. Even though I'm someone who eats everything, I have a number of clients who are interested in following a Paleo diet and this guide put all of it in an easy to understand nutshell for me. The illustrations are great and so are the questions and answers. There are also great recipes that work for everyone, not just those following a Paleo diet. Enjoy!

I love this book! It breaks down the subject matter in a way that is easy to follow and incorporate into your life. I got a copy for myself and then bought another copy for a friend who has tried several of the recipes, which are also very easy to follow, and they came out as delicious as promised. Great book.

Cynthia Spivey has written a beautiful book about How to Eat Paleo in an informative, approachable and non-judgemental way. She provides a real roadmap for beginners and provides many tips and recipes about how to have a flexible and enjoyable approach to nourishing oneself. The book is well illustrated in a way the complements the writing and is visually attractive. Even if you don't want to

adopt a full Paleo approach, many of Cynthia's suggestions will lead to better eating and health. I would highly recommend How to Eat Paleo!

This is a charming book! It's a clear, concise and fun to read guide that gently teaches as it outlines the benefits of the Paleo diet and lifestyle. It's very practical, providing lots of options that allows a person to pick and choose while feeling good about choices. I especially love that it promotes eco-friendly protein and organic produce. With its adorable illustrations, user-friendly format and wonderful recipes, this book is for everyone who eats!

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