

UPDATED & EXPANDED SECOND EDITION  
OF THE RUNAWAY *New York Times* BESTSELLER

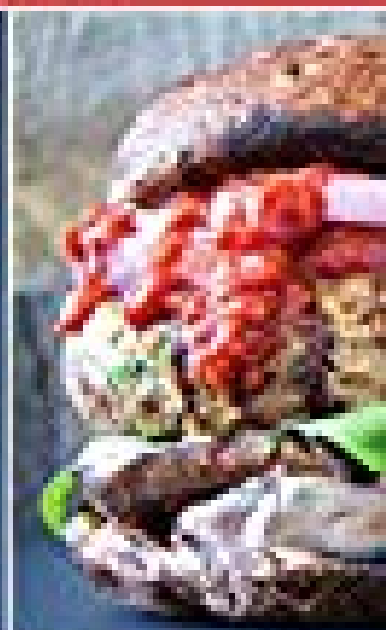
# PRACTICAL PALEO

a customized approach to health and a whole-foods lifestyle



## 30-DAY MEAL PLANS

designed to support:  
autoimmune conditions,  
digestive health,  
blood sugar regulation,  
thyroid health,  
cancer recovery,  
heart health,  
neurological health,  
hair/skin, fat loss,  
healthy hormones,  
prostate/renal health  
& athletic performance



## QUICK GUIDES

So Paleo Foods &  
pantry stocking,  
Food quality & labels,  
Healthy cooking fats,  
Sweeteners, gluten,  
paleo carbs & more!



## OVER 150 EASY RECIPES

all free of gluten, grains,  
legumes, dairy &  
refined sugar!

**Diane Sanfilippo, BS, NC**

food photography by Bill Mahey & Diane Sanfilippo | Foreword by Robb Wolf

Diane Sanfilippo and

## Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle



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Our great-grandmothers didn't want nutrition lessons— is definitely—will improve the way you look and feel and lead to lasting weight loss.conventional wisdom"on the other hand, they weren't forced to wade through aisle after aisle of packaged foods touting outlandish wellness claims and confusing marketing jargon.and we're still left desperately searching for foods which will truly nourish our bodies. We're disillusioned with the "true food" for good cause—it's gotten us nowhere.Achieving optimal health without calorie-counting, diet foods, or feelings of deprivation hasn't been easier.healthful" Practical Paleo explains why staying away from both processed foods and foods marketed as "— Meal plans are also included, and are designed specifically to aid:immune health (autoimmune conditions)blood sugar regulation (diabetes 1 & 2, hypoglycemia)digestive health (leaky gut, IBS & IBD)multiple sclerosis, fibromyalgia, and chronic fatigue syndromethyroid wellness (hypo and hyper - Hashimotos, Graves)heart wellness (cholesterol & blood pressure)neurological health (Parkinson's & Alzheimer's)cancer recovery fat lossathletic overall performance a " During the last few years, we've forgotten what " Even better—you might reduce or completely eliminate symptoms connected with common health disorders!Practical Paleo is jam-loaded with over 120 easy recipes, all with special notes about common food allergens including nightshades and FODMAPs.like grains, legumes, and pasteurized dairy—squeaky-clean" Paleo approachPractical Paleo may be the resource you'll grab again and again, whether you are considering information on healthy living, delicious quality recipes, or easy-to-understand answers to your questions about how exactly a Paleo life style can advantage you, your family, and your friends.



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And, guess what, I am no longer hungry on a regular basis... After years of doing all selection of "diets" or eating lifestyles, from raw vegan to vegan to vegetarian to omnivore with calorie counting to eating-at-home-only to regular juice fasting for fast weight loss, I was so ready for a major change. like I do. It is the most comprehensive publication on Paleo, giving you every cause and logic behind why eating this way is to your ultimate health insurance and longevity. I don't know what has made this work. 4-stars. If I have anything negative to state it's about the kindle edition. She addresses main conditions such as raised cholesterol, or diabetics or fibromyalgia or additional conditions before getting to "Squeaky Clean Paleo" which would connect with you unless you fall under those conditions (I didn't which means this section applied). This was among the books she recommended and I love the writer and follow her on social media marketing. Damaged Back again cover is ripped. I also knew that certain breads and pastas and noodles and foods in general would give me this heavy feeling after feeding on, and I needed to eliminate that forever. So deep inside, I usually craved the meats when I was on vegan or vegetarian diets. I felt that she spent a long time - about 125 pages - providing you all the health issues you could develop if you eat gluten and processed sugar and how the body reacts to all of this crap and I examine them. She lost me when she was discussing all the biology and anatomy but I adopted along and appreciated it. After that between 125-225 are her meal plans but they won't apply to everyone. My husband and I went Paleo past due January and we're in week 8 or 9 as I compose this review. I'm honestly uncertain if I'll follow 30-day plans, which normally refer to lots of her recipes. And finally Component 3 - the dishes section starts on web page 225 but first a few lessons on chopping and slicing and cooking food important. They're easy, flavorful, plus they play great with a number of stomach issues. She's also large into bone broth and sauerkraut which I'll need to see if I make - she's recipes. I love her no-nonsense strategy with reasoning and research behind it if you love diet and science, you'll LOVE this book. I am offering it a 4 star even though I recommend the reserve because I desire there were less sections on all of the human ailment conditions and MORE on just Paleo - how exactly to eat Paleo, steps to make quick easy Paleo foods. I am hoping this helps and happy Paleo eating! Great book So far the autoimmune diet program is a tremendous success for supporting the constant pain I had in my own feet. It is also solved my acid reflux issues. All this in mere 2 weeks. The recipes are very good. I'm not really doing this reserve justice in this review. I knew that meat wasn't "the issue". Perhaps because I stopped consuming nightshades and starting eating meats and butter? Most comprehensive on science of Paleo however, not enough in . My whole outlook on life has improved. Absolutely love this book Certainly love this book. I employed a nutritionist and am spending a substantial amount of money for her expertise and advise. Found the majority of the issues my nutritionist is teaching me in this publication. Would recommend this publication to ANYONE attempting to try Paleo, especially if you have an autoimmune disease, joint discomfort or leaky gut... We was raised on a Persian diet so lots of meats and vegetables and rice and moderate amounts of loaf of bread, cheese, but also a huge amount of fruits and salads and the usual sweets all cultures adore. Great price / good read ! The book is approximately 400 pages, and the best recipe so far may be the blueberry cobbler (see picture) but these recipes do look slightly complex. I like this book more than enough that I purchased a hardcover version, utilized it until it got ratty, then provided it to my sister (who was simply enthusiastically excited to get it actually well-loved, because it's that good) and bought one for my kindle. So when a friend talked about her Paleo diet at size, I jumped onboard without hesitation. Wanted first hands accounts. If I want to see just what a recipe looks like, I have to flip forward several pages to start to see the picture, which invariably is normally showing above another recipe. It's too easy to look at a

picture and absentmindedly think the ingredient list immediately after it is actually to make that thing. I cannot stress more than enough how annoying this actually is in a cookbook I use multiple times weekly. All it needs is usually to be reformatted so the proper picture displays above its recipe which will be a perfect reserve, just like it is in some recoverable format; Good read! Thank you, Dianne! I recently heard that Dianne personally reads every review posted here and so I felt the necessity to (finally) post a review to say thank you and to explain to those who could be on the fence about whether this book could benefit you that it just may change your life. When my hubby was identified as having Crohn's disease 10+ years ago not really one single medical professional offered advice on how best to live with or manage an autoimmune disease (or much less suggest a book to learn or attempt to alter in diet). Only if we had the info presented in this book back then we're able to have prevented many years of dangerous biologic drug infusions, terrible unwanted effects, ER visits and irritating conversations with doctors who simply just don't obtain it. The info is presented obviously and (and yet is so in depth - I can't even imagine just how long it would have taken me to research half of the nutritional supplements she suggests). Finally some quality recipes I actually want to make and consume...from blood sugar levels regulation to malignancy recovery to weight loss, Dianne gives you so many great explanations for how and why the food you take in can change your life and what that you can do about it. I wish to implore those who feel as lost and scared as we did to pick up this reserve. To those of you who might not be suffering from a significant illness but want to look and feel better or maybe you are simply thinking about taking a part of the proper direction - believe me, just grab this book. (You'll go through it, you'll reap the benefits of it and just like me, you will discover yourself coming back here to thank Dianne). Here's my overview of this book. :( Books Informative Love It This is an excellent cookbook with plenty of meal plans to assist you overcome a variety of ailments. Truthfully, I'm shocked. Great Info and Recipes Great details. I am picky and don't like the majority of substitution like quality recipes. This book covers so many conditions. Detailed nutrition information at the beginning. I acquired tried lots of things like no gluten, no caffeine, not much meat, low carb, zero fat, lots of vegetables, no glucose etc. It's a good'un. Good recipes good info Great for newbies or just a go to for recipes to use again and again, I knew I would like this bc I borrowed my friend's older addition, I take advantage of this book every day Average Not really impressed with the publication. More of an assessment style, author quotes all of the other professionals. The dishes are formatted all through the entire book so the photograph for the prior recipe shows above the main one following it. Lovely publication, irritating kindle edition Firstly, the recipes are fantastic! since it is I cannot give it 5 stars.



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